

# Grass Roots

Craft and self-sufficiency

For down to earth people

Hay

AUST \$4.00

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AUGUST 1989

Coiled Pottery

Homebirth

Buttermaking

Braided Rugs

Wood Heaters

Feeding Goats





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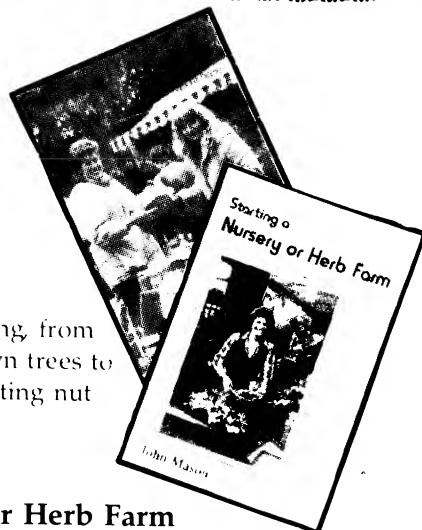
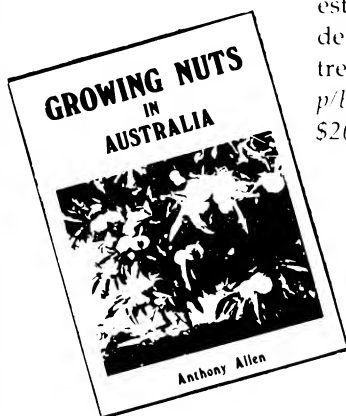
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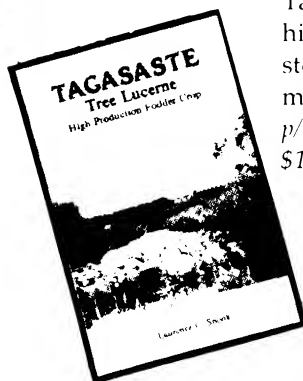
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Front Cover: Grass Roots reader Sandra Turnbull pictured in the Bushman's Gallery and Craft Centre she has established in Vacy, NSW. A keen and skilled craftsperson herself Sandra was amazed at the number of talented people in her area - and set about starting a craftshop. Her story is on page 22. If the coiled pot takes your fancy you can learn more about this simple technique on page 17.

Back Cover: Give your fowls a little leeway and in to time they will have taken over the garden *and* your wood shed. Gardens and poultry can mix successfully, and on page 25 we have plans to help contain your feathered friends and at the same time use their foraging attributes to benefit your garden. Cock of the walk here is Prince, a bantam rooster, pictured at Sandra Turnbull's in Vacy.

Distributed by Gordon and Gotch.

# Feedback Link-Up Feedback

## Dear GR Friends

I have used plenty of HINTS from these pages since GR 53 and back copies, thought I would contribute a couple for a change. For those of you who are washing all the time, use string or pantihose tied on part of the line to hang knickers, bras and other small articles, then tie the other end. Saves time and pegs for those full line days.

Cut up old clothes and sheets in strips about 5 cm (2 in) wide, tie together and knit, plain on large knitting needles. I made them from a piece of dowell, sawn in half, sharpened at one end, with some sort of stopper on the other end. I used cordial lids nailed on. Drill slightly smaller hole first, or it will split as mine did. Keep knitting one needle length rows, until you have desired width for article making. Cast off and start again. Sew strips together and you have a durable, washable bath mat, rug, bed spread, anything you wish. I am making a bath mat now, and I hope to have the bedspread done by winter because they are really warm – maybe by next winter.

Use crushed oats for breadcrumbs on veggie patties. They turn nicely brown, taste good and are good for you.

I first wrote in GR 64. We have shifted since, not in the country but one day we'll buy . . . for now we are enjoying making do with where we are. Heidi, our goat, unfortunately was attacked by a friend's bull terrier. He broke the chain he was on for the visit and we ended up having to get her put down. It was a very sad day for us. We were about to get another one when Rich came home with a Rottweiler pup. So no goat. It's not very fair in the suburbs anyway, for the goat or the neighbours. The council don't allow it here. We have plenty enough animals here to keep us amused for now – 7 chooks, 2 of which are Silkies, 2 canaries, 1 budgie, 3 quails, bath full of yabbies (outside), guinea fowl (oh what a noise!) pigeons, doves and 2 large white rabbits who outfox Omen (our dog, now 11 months and 5 st) every time to escape. Gives her plenty of exercise. She sleeps with them under the old lounge out the back when it's hot. So far, they are good friends. We also have a Mexican walking fish inside.

Oh nearly forgot, we have another addition to our family – Zoey. she's 6 months old now and certainly keeps me busy, but of course we all love her heaps. To people who are worried about jealousy from

older children, my suggestion is to talk heaps during your pregnancy. Try to get them to understand about love and how it can be spread equally between the family. Include your child in as much as you can. Shannon was nearly 4 so that probably helped. It worked for me. She loves Zoey 'all the way to America' as she puts it.

Look forward to hearing from you soon. Thanks for a wild mag, good luck to you all, and may your dreams come true.

**Leanne, Rich, Shannon & Zoey**  
10 Kilmington Road  
ELIZABETH WEST 5112.

## Dear Readers,

Phil and I and 10 year old Sam have just begun looking for some land (between 10 and 40 acres) on which to eventually settle in a mudbrick house and become self-sufficient. The climate, closeness to the beach and distance from the rat race has attracted us to the area between Bundaberg and Agnes Waters. However while the climate and type of land might be right we would like to feel confident that there were other like-minded people also living around us.

The Rainbow Alliance of 'working towards sustainable communities' pretty well sums up our aspirations for the future and we would like to hear from anyone with similar ideals living either in the BUNDABERG REGION or anywhere else between Nambour and Rockhampton where this type of community may exist.

Also, we would like to undertake some correspondence courses that would be helpful in preparing to be totally self sufficient. Can anyone recommend a reputable institution please?

**Jeanne Hayden and Phil Cutler**  
285 Moggill Road  
INDOOROPILLY 4068.

## Dear All,

After several years of not reading *Grass Roots* as well as having all of my existing copies 'borrowed' by interested friends and relatives, recently I rediscovered a copy by accident in a newsagency. It was all inspirational and informative. The one article that struck a harmony within me was the article 'City Life Is What You Make It' (GR 72). That article couldn't have been timed any better if you had planned it. Thanks for the inspiration and feeling of solidarity.

I have one or two problems that I would love some advice on. I have a problem in that my home is covered with and surrounded by a plague of KIKUYU GRASS. I have used mulching, weeding and verbal abuse in order to wrest my little veggie plot away from the plague, but it's a losing battle. I have read widely and haven't yet come up with an adequate answer. Has anyone faced this problem and licked it organically? Please pass on your methods if you have.

I live in the northern suburbs of Adelaide and am interested in joining or forming a SUPPORT NETWORK for people interested in organic backyard self-sufficiency. Please contact me if interested.

**Cheryl Stuart**  
145 Harvey Rd  
ELIZABETH GROVE 5112.

## Dear Grass Roots People,

I am a professional photographer who will be moving to the Nimbin area early next year and I need some advice.

Living on a bush block with tankwater and a 12 volt solar electrical system will impose restrictions on BUILDING A DARKROOM. Most importantly, is there an environmentally conscious method of disposing of the waste solutions other than running them all into the septic tank? Processes in use will be C41, E6, Cibachrome and Mono. Is there an inverter on the market which will provide a stable 240V with a minimum of 600 watts? This should be enough to power the various enlargers, driers and so on, but the main criterion is a stable power supply. Obviously, a power fluctuation during fine-art printing would be disastrous!

Hoping to hear from you – all replies will be gratefully received and definitely answered.

**Denis Shepherd**  
57 Victoria St  
GRANVILLE 2142.



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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

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# Feedback Link-Up Feedback

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## Dear People,

I am writing in regard to people and their future. The year is 1989, we have now reached a time where technology has begun to dictate human lives, individual potential, people's identities and their natural gifts are being lost through images created by machines.

Technology and its achievements are quite an accomplishment and when used correctly can be beneficial to all. However, when humanity is being threatened we must begin to put things into perspective to allow a greater future for all. Televisions, radios and automobiles are only a few offenders. Each of these create images which people and in particular children are idolising, sometimes to a point where nature and what it provides remains unexpected. All of us are born with special gifts either large or small, some of our children may never find their abilities. The images created by machines can influence their lives leaving their destinies to crime, alcoholism, drug abuse, poverty, suicide, homicide, even insanity.

We are now able to purchase videos anywhere within society, many of these are extremely offensive. Some contain sadistic and barbaric acts of violence. They remain relatively uncensored and there is little or no restriction on their use. Continual viewing often reduces our children's social and intellectual levels to a lower standard than could be otherwise maintained.

As a humanitarian my greatest concern is people, being able to provide a reasonably balanced lifestyle and to eliminate poverty and suffering either emotionally or physically. As a mother the whole concept of life and the future is what encourages me to begin to write. My children are important to me. If I am able to contribute to their future then all of my hopes and dreams are not wasted.

Whatever happened to the age of reason? It is not unreasonable to believe that faith can be found by hoping that a change is coming.

**Sarah Heath  
BERWICK 3806.**

## Dear GR Readers,

I have a son in first year high school and I was wondering if other parents have experienced what I have. We have been vegetarians for over ten years and use no household products that have been tested on animals. Therefore I was somewhat horrified to see the dissecting of mice was still part of science experiments. Furthermore, it is (was) kept for one week first, a bit like shooting a pet when it's no longer useful I thought.

I have no argument at all with the school here or the teachers. There are only 19 other students in my son's class and the teachers are very caring and supportive and I am happy to have my son in this school. I would however like to see this practice stopped as I see no educational advantage in this practice these days when such high quality colour transparencies are now available to give a perfectly good 3D image of animals and people's inner workings. I urge other parents who teach their children to respect and care for our world and all the creatures on/in it to write to headmasters and the education departments in your area requesting this practice be stopped.

We have been enjoying *Grass Roots* for many years now and have made contact with many caring people, and bought our own little patch of heaven on earth – all with the help of this magazine. Thanks.

**Debbie Watkins  
'Woodsong'  
GOSHEN 7216.**

## Dear GR,

A wee idea that works! If you have young trees planted in difficult to get at areas OLD DOOR MATS can provide a cheap and foolproof method of controlling weeds and creating a warm damp micro environment. I have been using this system for a couple of years now and the results are impressive. Any weeds that do grow are weakened and easy to remove by hand. My usual procedure is to simply turn the mats over when I walk by. I have gathered mats from my local school which has to renew their mats regularly. They are bio-degradable and the school is only too pleased to get rid of them. Try it.

**Andrew FitzSimons  
'Risingstill'  
RMB 233 Wallamolla Rd  
WALLAMOLLA 2535.**

## Dear Megg and Friends,

I am a kiwi guy now living here in Australia. Last week I bought my first issue of *Grass Roots* – No 72 – in which I am very impressed. It is a great magazine and thanks to all who put it together and contribute.

I am very interested in the building (pros and cons) of mudbrick cottages. Could a reader please put me on the right track of where to obtain these bricks, or better, how to make these bricks and give advice on construction? I have been living in inner city locations since arriving here 18 months ago and to be direct, I loathe it! I am from the sticks in NZ and miss my upbringing/lifestyle so very very much. I am working for a nationwide company in which I have applied to transfer to a more liveable/loveable location within NSW. When I have positive feedback of destination, my partner and I will be looking for 'our place' (5-10 acres).

I would very much appreciate any info on the making of these MUD BRICKS or supplier in return for any help I may contribute in the future to fellow GRs. Well being to all.



**Keryn Woods,  
C/- PO Box 78,  
ALEXANDRIA 2015.**

## Dear Readers

I have just returned from a conference for small schools (one and two teacher schools) in the western region of NSW. My belief in the benefits of SMALL SCHOOL EDUCATION were strengthened even more after this conference. I would be interested in hearing from people who have a commitment to small school education and what great things are happening in these schools. I have a particular interest in environmental issues associated with schools. Also, we will most probably be leaving our present school at the end of this year and would love to see a dedicated teacher continue with some of the projects we have started.

Looking forward to hearing from readers.

**Neil Druce  
School Residence  
BYLONG 2849.**

## Dear Megg and Kath,

I very rarely give advice, since I find it is usually ignored but may I say how horrified I was to read the advice given in a recent issue of *Grass Roots* to prevent worms and HEARTWORMS in dogs by giving a piece of garlic in a piece of bread!

My qualifications for giving advice are that I have spent my life in exhibiting and breeding pedigreed dogs (still doing so!) – have run a commercial dog boarding kennel for over twenty years, have written books on dogs and still write articles and a guest column for dog breeders' magazines. There is only one sure way to avoid heartworm – have the dog tested first and then to give a tablet per day (whatever your own vet recommends). The once a month preparation is even better – having discussed this with a top veterinary surgeon in Sydney, his idea is that it both kills any heartworm which might have been acquired and protects for the following month. Some years ago, I purchased a large bottle of 'herbal' heartworm tablets from a manufacturer in Queensland – the result was that my imported American stud dog, who had cost me thousands of dollars, became very sick and was diagnosed by one of the few internationally known veterinary surgeons as having heartworm. After treatment, he recovered. We reverted to the usual tablets. *Please* do not depend on garlic for preventing heartworm – garlic is a wonderful tonic for dogs and humans and increases immunity to disease but with the many tried and safe remedies against worms on the market (one of my Dobermanns once ate 98 Canex and did not even have a loose motion, so safe are these!) I beg of you, if you care for your dog, ask your veterinary surgeon and do not heed this well-meant but useless advice.

**Sheridan Pausey  
Windswept  
Lot 8, Old Western Road  
PROSPECT 2149.**

# Feedback Link-Up Feedback

## Dear Grass Roots,

My husband and I have been avid readers of your magazine for a couple of years and thoroughly enjoy it. We have learned a lot of helpful information in these pages and are looking to buy a piece of land and build our own home near Taree or surrounding area in the near future.

I'm sending the details that I know about the 'AUSSIE DAMPER' which Janice Campbell inquired about in GR 71. Damper and billy tea are lasting symbols of the rugged pioneering days. Expert damper makers were the lonely, wifeless men pushing into the outback and setting up their tents and humpies to seek gold or pure sandalwood, the camp cooks to the drovers and shearers or just mates following the track. Damper-making began very early (around 1841) using, of necessity, only plain flour, water and salt. The skill was in kneading in some air to lighten the dough as it cooked. Each man prided himself on his damper making and swore it to be the only way. Experiments with rising agents included the use of the famous brand of fruit salts and even Epsom salts until cream of tartar with bicarbonate of soda came into use, followed by a new fangled baking powder.

Quantities for damper depended on how large it was to be. This is how it was made nearly a century ago. Make a deep well in a mound of flour, pour in water and work the edges inwards to form a lump of firm, damp dough. Knead in air, (this is most important and the art of doing it just right can only come from experience). Shape into a circular slab about 75 mm (3 in) thick, not more. Bake the fire until it is a hot bed of coals. Scoop a nest out of the glowing coals and drop your damper in. Leave it a minute or two and cover with more hot coals. After a while, rake off the top coals and test with a knife point, or tap to see if it sounds hollow. The damper is ready when golden brown and just cooked through.

### Camp oven Damper

900 g (2 lb) plain flour  
1 level tsp bicarb soda  
2 tsp cream of tartar

Add to these ingredients just enough water to make a firm, soft dough. Knead air in lightly and form a round loaf about 50 mm (2 in) thick. Grease the camp oven and let damper stand for 10 minutes. Place the camp oven over hot coals and cover the lid with hot ashes. Cook for 35 minutes.

Hope this helps you. Keep up the good work in your magazine.

**Maureen Dyball**  
Booloroo St  
ASHLEY 2400.

## Dear GR Readers,

I've been a *Grass Roots* reader since No. 35, but this is my first letter. For Trudi Murray GR71: I had a problem with BUFFALO GRASS in my vegetable garden, so I dug a trench about 30-40 cm (12-16 in) deep and inserted black plastic as a vertical barrier in the soil. So far it works well, it should work with kikuyu or any grass that spreads by runners.

Now my reason for writing - I am looking for more INFORMATION ON BEANS, especially perennial varieties (I have the article in GR56). I have experimented with growing a few 'different' beans, for example I have two types of hyacinth bean seeds that are totally different in size and shape! What I am looking for is a description of the size, shape and colour of seed and pod with name, also botanical name if known. Recipes or ways of using them would also be appreciated. Lima beans don't seem to be available in Australia though all the northern hemisphere gardening books mention them. Do we have a different name for them?

Thank you GR, and happy gardening to all.

**Shirley Rowland**  
70 Clarence Way  
WESTFIELD 6112.

## G'Day Folks,

What a great relief it was to sit down and read some lovely letters from obviously lovely people in GR 71. You see over the last few months I had become disillusioned with life in general but all those

hopes, dreams and plans really pepped me up. The cause of my unhappiness was because I realised all was not as good here as I thought it would be. My husband and I moved down here (NW NSW) nearly 12 months ago to what we thought was our dream job, to work and live on the land. Alas a cotton/grain farm has to be the epitome of all that I wished to avoid. I feel like a traitor to my inner cause, so many chemicals and water diversions are used down here. The song sung by John Williamson *Cotton in Their Ears and \$ in Their Eyes* couldn't be more true. But this is where our job is now and we are so far away from home that we will stick it out.

On a bright note, despite the chemical sprays I have never had so many birds around a house before. I feed or subsidise 4 magpies' dinners and they come and sing to me in thanks. Galahs come and talk to our galah and share his seed and happy jacks are always busy chatting around the house. Yes we could be in better places but we could also be in worse. Any GR people in the MOREE DISTRICT please write or phone. We'll be in the new book. Peace and love to all.

**Karen Dahms**  
PO Box 49  
GARAH 2405.

## Dear Megg and David and Readers,

It has been a while since I wrote in. This time I would like some information on two things. Firstly, is there any information on gardening, crafts, *Grass Roots* and other self-sufficiency resources written in BRAILLE as I have a friend who is partially blind. She would really love to be able to read up on those subjects. Secondly, all you TUKI-DALE sheep lovers or breeders, I'd like to hear from someone about these sheep. It's all very well to read in books but any information from people who actually keep Tukis would be appreciated.

Looking forward to hearing from someone. Good health and happiness to you all.

**Ingrid Weber**  
RMB Wittitrit Rd  
KEMPSEY 2440.

## Dear Grass Roots

I have just discovered your wonderful magazine three months ago and it has opened up my horizons. For the past 10 years I have been renovating my terrace in Rozelle and only in the last year have been thinking of some alternative to living in a big city like Sydney.

I would like to visit people who have chosen ALTERNATIVE LIFESTYLES to see if this would suit myself and with this in mind in the second half of this year I will be leaving my employment and renting my home and by means of a mobile home travelling from Sydney around Australia in a clockwise direction. This will mean my present favourite, the north coast of NSW i.e. Kyogle, Maclean and Kempsey, will be my last stop before arriving home in Sydney. Following my journeys I could then evaluate the alternatives and either kiss my Rozelle front door fondly, or having chosen my site sell up and go forth. Thank you for reading my outpouring and in anticipation of many kind replies, thank you.

**Gregory Heffernan**  
26 Smith Street  
ROZELLE 2039.

## Dear Readers,

Has anyone some information on where I could obtain GRAIN AMARANTH? I have some information from America and I also have some seeds but I am interested to know if it is available in grain form in Australia. Thanks for a marvellous magazine.

**Susan Rosenbaum**  
6 McKay Court  
NTH DANDENONG 3175.

## Dear Grass Roots and Readers,

Could anyone recommend a book or know of HERBAL REMEDIES FOR ANIMALS, especially domestic animals?

**Sharlene Johnson**  
188 Myall Street  
TEA GARDENS 2324.



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# Feedback Link-Up Feedback

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**Dear David and Megg,**

I am a fairly recent subscriber to *Grass Roots* and bless the day I discovered it at the local bookshop.

Hopefully I will be moving to Tasmania in the near future and hope to buy some land with house and buildings, preferably with a stream on the property, it is a longtime ambition to become as self-sufficient as possible with extra interest in thoroughbred chickens, pheasants, guinea fowl. Pigs are also a side interest, obviously enough land to grow feed will be needed for this project. As I am a complete novice in all this I would be very grateful for any advice on local conditions and suitable stock. Any letters will be answered immediately.

Many thanks for a really great mag – I eagerly await every issue, which unfortunately is usually two months later in NZ. When I get started in Tasmania I will keep you all informed of progress from complete amateur onwards if you are interested. A happy and contented future to all.

**R Shearer  
26 Church St  
DEVONPORT AUCKLAND 9 NZ.**

**Dear Megg and David,**

In GR 71, a lady from Turkey was requesting a recipe for WORCESTERSHIRE SAUCE, made without brown sugar. I will write to her personally, and I am including it here too, in case more of your readers would like it. I have not tried it myself yet, so can't personally guarantee the results, and would be interested to hear from anyone who does try it.

600 ml (1 pt) Indian soy  
250 g (8 oz) shallots, cut up  
30 g (1 oz) black pepper  
15 g (1/2 oz) bruised cloves  
2.3 lt (4 pts) vinegar  
15 g (1/2 oz) garlic 15 g (1/2 oz) whole mace  
15 g (1/2 oz) cayenne pepper  
4 tbsps treacle

Put all ingredients in an earthenware bowl, place in a safe, or cupboard, and stir with a wooden spoon once daily for 3 weeks. Then boil for 20 minutes, strain through muslin, bottle and cork well. It is supposed to keep for years.

One of your early contributors was VAL BOWEN. I would like to get in touch with her if possible, re family history. She could contact me at the address below, as it is a permanent one. Thanks again.

**Gayle Miels  
40 Matchbox Rd  
Pacific Park  
VIA ROSEDALE 4674.**

**Dear Grass Roots Family,**

I would like to address the subject of HONESTY and gain a few views on what people think. Like Val Shields' brother (GR 66), I also suffer from schizophrenia complicated with manic depression. I have always been brought up with the idea that one should be honest and open with people, and I have always respected that rule. As a result, I have nearly always told people who know me of my problem. However, today, I wonder if that has been the right thing to do.

It goes like this: I have made a number of friends through *Grass Roots* and one very good one. This friend was going to visit me here but was advised not to because I am unstable. This advice came from her friends who did not know me. Of course, there is more to it than that but this is just to act as a comparison. I still respect her decision and bear no ill feeling at all. To compare though, I also met a young girl who came to stay with me for over a month. This girl contacted me about 3 months before she arrived, with a half page letter. That is all I knew about her and she only knew a little about me from my 1 page reply. That is all the contact we had before she arrived. Consequently, she did not know I was a schizophrenic – and she survived her month's stay! In fact, we became very good friends. How are you Wendy?

So, where is all this leading? Well, should I continue to tell friends that I am schizophrenic and thereby risk being labelled 'unstable', or should I just keep quiet and say nought? I would value other readers' opinions on the values of honesty – or is it dead? I trust all those who have friends with illnesses afford them all the compassion and help they can. Don't get me wrong, I don't feel the world owes me a living or that I have a chip on my shoulder; I would just like to know where I stand in the world.

Now for something completely different: for anyone after wooden washboards, butter churns, milk separators, contact The Barrel Company, PO Box 171, Waihi, NZ. They make a good range of associated products. Peace and love to you all.

**Gandalf  
Whenuapai  
AUCKLAND NZ.**

**Dear GR,**

Re Kay Beverley's request GR71, p.6: these AGEE TOPS are readily available in NZ supermarkets and are made by Alex Harvey Industries.

**Keith Fisher  
C/- PO Ngunguru  
WHANGAREI NZ**

**Dear GR Readers,**

We are both 25, married and up until 12 months ago we lived in Sydney. Shane studied and I was working. When I lost my job we took the opportunity to move to the country to be closer to our goal of a more natural and meaningful way of life. During the past year we have been to Narrabri to work for our keep on a self-sufficiency property; it was ideal, learning all we could about animals, gardening and working hard. Unfortunately, after 2 months we were forced to return to Dungog where work had been sporadic, some labouring and the odd clerical job. Now employed, with little money and no closer to our goals, we can see little future in remaining in the country, but can't face returning to the city.

Our goals are to own a block of land, build our own home (mudbricks?), grow as much of our own food as is practical and have a family (homebirth and home education are both of concern to us). We want something satisfying in the long term as we are doing nothing productive at the moment. Has anyone who has been in this situation any advice/thoughts? We are SEEKING INSPIRATION and ideas from anyone as we seem to have exhausted our supply. Many thanks.

**Angela and Shane Hopkinson  
2/262 Dowling St  
DUNGOG 2420.**

**Dear Editor,**

A battle is set to commence in the forest of south east NSW. The battle will be part of a war being fought between conservationists and Harris-Daishowa – a Japanese owned woodchipping company. The Minister for Resources, Senator Peter Cook, granted Harris-Daishowa licence to export 850,000 tonnes of woodchips per annum for 15 years. This opens the gates for the final DESTRUCTION of the last remaining areas OF WILDERNESS in SE NSW.

These forests contain areas with high conservation values. Coolangubra is an area of rugged scenery and views. The Tantanangalo water catchment is vital to south coast towns. The Egan Peaks forest is home to rare plants and animals including koalas. According to both the NSW National Parks and Wildlife Service and the Australian Heritage Commission, existing parks in SE NSW are totally inadequate for protection of the region's plant and animal life. Also forest clearing adds to the problem of the greenhouse effect.

I believe the facts are strongly in favour of saving Coolangubra, Tantanangalo and Egan Peaks national estate forests from being woodchipped. It is very important to show your support now before it is too late. Please contact the Wilderness Society, 53 Liverpool St, Sydney 2000. Ph: 02-267-7929. For the earth.

**Evan Fearn  
3/48 Bay Rd  
WAVERTON 2060.**

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# Feedback Link-Up Feedback

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**Dear Megg, Kath & Readers,**

When I wrote my first letter to *Grass Roots* (No. 72), I had no idea that I would receive 54 letters in less than a month. I also had no idea that the magazine was read from one end of Australia to the other, so praise must go to the editors and to the ones that contribute.

To all those lovely folk who have WRITTEN FOR BOOKS, I am packing them as fast as I can, so don't get worried if you haven't received yours. So many of you ordered the set of five, so they take more packing than the single ones. Time is the bugbear, as I am always on call to go and talk about my garden, handcrafts, collections, hints etc, to all sorts of clubs, but I enjoy helping others – that's why I wrote my books, to help people in the home, the garden, handcrafts, and to share my terrible experiences that occurred early in my life. So many people relate to what I have written. Married life is not always a bed of roses, but not everyone has the courage to write about it in case 'someone' might get hurt. As I am not getting any younger I wanted to put the record straight. Thank you sincerely to all those wonderful people who have written to me about that book. I did enjoy your experiences too. So many suffer in silence. How do you like the following? Time is: too slow for those who wait; too swift for those who fear; too long for those who grieve; too short for those who rejoice; but for those who love, time is eternity. Many have enquired about my book *Tasmania & Beyond* that was launched by our Mayor a few months ago. I've just been awarded a Medallion in Women 88 for writing it – my Bicentennial project.

My husband and I have just returned from a coach tour from Darwin to Perth. Oh dear, what a lot of waste land there is in West Australia, sometimes not a tree for miles and miles, but thank goodness people everywhere are waking up to the fact that we humans are ruining this lovely planet. I do my bit. Everything that has lived goes into our compost bin and I make useful things from waste instead of sending them to the tip.

Many thanks also to Marlene Castles in SA who sent me a delightful parcel of decorated cards, memos, pencils etc, all done with fresh flowers, seeds and nuts. Delightful.

**Majorie Bligh  
163 Madden St  
DEVONPORT 7310.**

**Dear Grass Roots Readers,**

We are planning a holiday to Tasmania in early October this year. We are interested in learning about ORGANIC FARMING & SELF-SUFFICIENCY. We would like to make contact with people who are living this way in Tasmania with a view to visiting them during our stay.

**Ossy & Helen Suelzle  
23 Roselyn Cres  
BORONIA 3155.**

**Dear Everyone,**

My letter in GR 69 regarding a lemon glut brought a small deluge of mail with lots of good ideas and ways to use the EXCESS LEMONS. Thanks to all for the recipes, including the ones which have appeared in subsequent issues. I have replied to all who wrote, but there may be some stragglers whose letters have gone astray in our move from Victoria. In the early days of a redirection Australia Post never seems to get it right for us – this being our fourth interstate move in 2 years.

Now we're settling down in Newcastle and are looking for some land to buy. Our plans to build are altered a little as we expect a delivery from the stork later this year. In this consumer world it can be easy to get carried away and buy buy buy. Certainly if you think about the things you need, you can come up with alternatives and differentiate between needs and would-likes. Out of curiosity I priced a change-table in a store after seeing one at a market for \$15. The shop wanted \$100!

My biggest gripe is that between us, this year we'll paying over \$650 in MEDICARE LEVIES and yet I've forked out almost \$100 in medical bills, over and above the 85 percent of the scheduled fee which Medicare reimburses. And I'm only halfway through my pregnancy! The most excessive bill was \$95 for pathology – and Medicare's share

\$64. The system seems to think it's OK for us wage-earners, but what would happen if we were unemployed or on a low income – that extra \$31 is a big deal. Bulk billing was not given as an option – in fact, I wasn't even asked about my ability to pay. Happy days to all.

**Gregory & Krystina Tighe  
PO Box 401  
NEWCASTLE 2300.**

**Dear Grass Roots,**

I am trying to find detailed information on the method and equipment needed to RECYCLE PAPER. I would appreciate some dimensions and plans for a deckle and whatever else I need to know. Hope you have some information.

Thanks for the help.

**C Connolly  
Bulldog Rd  
VIA TABULAM 2470.**

**Dear Grass Roots Readers,**

First may I thank you for a great magazine.

As a practising masseur I would like to remind readers of the BENEFITS to be obtained FROM MASSAGE. Apart from the everyday 'tensions' people build up in their bodies in the course of many working conditions, for many people incorrect diet, smoking, excess coffee and alcohol drinking cause a build up of toxins throughout the body resulting in their feeling poorly. Instead of racing off to a doctor may I suggest they give more thought to visiting a masseur/masseuse not only to relieve tired, tense muscles but to move the build up of toxins in the muscles as many people do not exercise enough to assist the lymphatic system to move toxins.

May I also suggest, to enjoy better health that more people expose their bodies to fresh air and sunshine. As for the sunshine prior to 10.00 am and after 2.00 pm the idea is to sunbathe not sunbake.

I would like to hear from any other masseur/masseuse interested in attending 'confests' and sharing ideas. Also any confest groups that may be interested in a masseur/masseuse attending their group gatherings.

**Joe Walker  
PO Box 335  
ACACIA RIDGE 4110.**

**To All Grass Roots People,**

I've been reading this magazine for seven years now and it has been a blessing.

A few people wrote in to ask about ladybirds. Only one thing I do know and that is they will eat aphids, so they are very handy to have.

To Lucy Schiemura who wants a NATURAL NAPPY SOT-TENER. Try using two to three tablespoons of vinegar (any sort) in your final rinse. This is great for towels that have become hard as well. You can use it for all your clothes.

To Simon Fox – Ramtec are the only licensed RAMMED EARTH BUILDERS in WA. They are based in the South-West (of course) but will travel state-wide. We plan on building our home in Dongara soon and last week saw a new rammed earth house nearing completion with the Ramtec sign out the front. Even if you want to build yourself, they would be handy to talk to.

I will endorse Evelyn Viney's tips on GARLIC to keep away heartworm in dogs. This goes for all worms, not just heartworm. It should be fed to the family at least twice a week too. Chop it up raw and put it on everyone's plate. Besides keeping worms away, it will kill all germs you may pick up. Our five year old eats it raw. You have to be cruel to be kind!

To anyone in the GERALDTON AREA who is interested in herbs and organic gardening. We have started up a HERB GROUP which meets at the Bill Sewell Complex on the first Thursday of every month at 7.30 pm. Everyone is welcome. At the moment it is all women, so we are hoping to get some men interested. We all have a great time so please come along. It's a good way to meet new friends that share a common interest.

Here's hoping everyone's dreams come true. Ours are. Very slowly but very surely.

**Jenny Rhodes  
GERALDTON 6530.**



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# Feedback Link-Up Feedback

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## Dear Readers,

Here are a few tips that I can pass on to readers. When PICKLING CUCUMBERS choose smallish ones and place whole in a large stoneware crock. Cover them with vinegar and completely cover the top with grape leaves. Apparently they don't have to be pickled long before use. Leave them in the vinegar and use as required. As large stoneware crocks are rare these days I suppose glass or Pyrex wide necked bottles would do if stored in a dark place. Any type of pottery fired to a lesser degree than stoneware is unsuitable for containing liquid as seepage will occur.

Here is a little information on FEATHER COVER MAKING made easy. I have the perfect way of dealing with freshly plucked feathers. All you require is a large rubbish bin lid (mine fits over a 44-gallon drum) and a screen from a window, or something similar. Wash the feathers by hand in the lid using detergent; drain off the water and spread the wet feathers around the lid and leave outside overnight. Next day securely cover the lid with the screen and leave in full sunlight, occasionally separating those stuck together and fluffing them up. Then I place the dried feathers in an old meat safe which I hang on the clothes line every day in full sunlight. Put them under cover at night. Within two weeks you have perfect odourless feathers suitable for pillow or cover filling. I work in the bathroom with the door and window closed when filling a pillow, as it's one of the smallest rooms and any feathers that do escape are easily vacuumed up.

**Denise Horrigan**  
DPI Research Station Millaroo  
M/S 54  
AYR 4807.

## Dear GR Readers,

I'm writing in the hope of some info about TASMANIA. I'm a single mum with 8 1/2 month old daughter and plan to move down there in August/September. We're renting a 2B/R apartment in Cairns at the moment which we find very cramped and suffocating. We would both love to live the farm life which I lived before and love. I need room for my daughter Jasmin to run around and play safely in and room for me to grow my own vegetables and keep a few animals, also we love the water with privacy and peace and quiet and dream of a bath tub, open fireplace and wood oven to cook home made bread in. If anyone can suggest where to look or give any info on places like that anywhere in Tassie, we would very much appreciate hearing from you. Thank you very much and also for the great magazine. You've done a wonderful job, love it! See you when we get there.

**Debbie Hoare**  
2/30 Girralong St  
CAIRNS 4868.

## Dear GR,

For some years now my husband and I have longed to try this lifestyle. We have finally taken the plunge and are renting this property. We would like to hear from people in the WAGGA WAGGA DISTRICT who are doing the same, as we are very green and need all the help and advice that we can get. At the moment we have fruit trees and a dozen white Leghorn fowls. I have got an area ready for organic gardening and would appreciate all the help I can get on the no dig garden system and companion planting.

We are looking forward to hearing from you and also from some other *Grass Roots* readers.

**Peter & Iris Macdonald**  
'Mangolee'  
The Rock Road  
MANGOPLAH 2652

## Hi Everyone,

My name is Gail and I am writing to ask if there are any LONE PARENTS who are managing a semi self-sufficient lifestyle and coping? I am presently renting an old farm house with 20 acres and have managed to accumulate 40 chooks, 2 goats, 2 ducks and a number of other furry creatures. The place I am renting has been sold and I have been given the chance to live on 40 acres of land at Bauple but there is no water or fencing or shelter of any type.

If there are any mums with children who have tried and either succeeded or failed I would love to hear from you. I must admit the thought of living in a tent with the kids is a little daunting for me. It would be better if I could find somewhere a bit closer to Brisbane, with shelter and water. Love to all.

**Gail G.**  
PO Box 204  
DECEPTION BAY 4508.

## Dear Fellow Members,

I've been worried about the health of the planet for some time now, but in recent years, while struggling up the Public Service ladder, have become equally concerned about our people. Lots of them are trapped in those huge cement prisons for a large percentage of their lives, while financial and work pressures sap their energy and leave them hollow. Eventually, of course, they retire, have a trip, start a vegie plot and then they die. It would be ideal if everyone could buy five acres and become self-sufficient, but someone has to do that work and live in cities and towns to do it. Besides, there's not enough land for all of us to have even one acre.

We must find some balance. Someone has to bridge the gap between urban and alternative lifestyles and find a way to blend them. We have to have facilities which help *all* people to live a better life, to care for themselves, as well as their environment, whether they hail from rural, urban or alternative settings. Well, I've been a 'stand up philosopher' for long enough - time to do something constructive!

I need about 20 dedicated people to join me in a very ambitious venture (I have a couple interested already). Together, we will turn about 200 acres into a MODEL NEW AGE COMMUNITY, including an organic farm, a learning centre, a botanic park, a relaxation resort and a village offering alternative therapies, organic food and produce, alternative books, plus craft, etc. I've spent the last 8 months travelling around six states of this country getting ideas, looking for sites and talking, talking, talking to people. I've explored possibilities as far away as Shark Bay, WA and talked to members of communities all over the place and decided on south east Queensland, where we can capitalise on the established tourist industry (and pleasant climate).

In order to succeed, it must be well planned and organised. After 8 months of research, the Draft Concept Paper is now finalised and anyone interested is welcome to a copy (please send a large SAE). If you don't want to come to Qld, but you want to pinch the idea, please do so - just let me know how it goes. I'd like to see these centres spring up all over the place.

Luck to all those with other ventures in the pot. Peace to all.

**Anne St John**  
'Mungala'  
COOLAC 2727.

## Dear Megg & David,

We require assistance in locating two items and we hope your readers can help us. The first one is a book called *THE MAKE-IT-YOURSELF SHOE BOOK* by Christine Lewis Clark, even photocopied - I would gladly make it worth the helping person's effort. The second one is a PLAN FOR A TABLE LOOM, for weaving. I hope someone can help. Love and best wishes to you all.

**Kres & Pam Dubbin**  
'Vinegaroon'  
9 Upper Brogo Rd  
QUAAMA 2550.

## Dear GR Readers,

I have only been reading *Grass Roots* for the last 6 months and have found it a very interesting and informative magazine. So I'm writing to see if anyone would have any information on SEPARATING FROM AUSTRALIA and making your own country. How much land do you need? I know there is a place somewhere in WA where someone has already done it, any information would be very helpful. Thank you for a great magazine.

**Michelle & Michael Bale**  
19 Old Maryborough Road  
GYMPIE 4570.

# Feedback Link-Up Feedback

**Dear GR Readers,**

We need some help! Myself (Penny) and friend (Megan) and our families which consist of 2 husbands and 4 children are getting a petition underway banning the use of CHLORIDE BLEACHES in disposable nappies, women's sanitary products and basic toiletries. These products and others have been found to contain carcinogenic dioxins which are absorbed into our bodies and spewed out into air, seas and rivers by the paper mills.

We think it is about time this process was changed and to begin with the consumer must let the manufacturers know that we are not satisfied, thus we will be sending the petition to Johnson and Johnson. Would anyone be interested in taking a petition to get signatures? Please send a SAE. If you want to write an individual protest the address is Johnson and Johnson Aust Pty Ltd, Johnson Road, Campbelltown 2560. If anyone has any relevant information please feel free to contact us.

On a lighter note I have been reading your mag for 13 years now and think it's great. Keep it up. Health and happiness to all.

**P Trinca & M Prickett  
50 Butterworth Cres  
ANGLESEA 3230.**

**Hi,**

I was wondering if it is possible to make your own oil? I have read a book called Hunza Health Secrets and tried to make oil like they do but it didn't turn out quite like oil. The type of oil I am really interested in is soya bean oil. All help will be greatly appreciated. Thanks.

**Wendy Capocasa  
1/28 Edinburgh Street  
CLAYTON 3168.**

**Dear Grass Roots,**

I have just been reading articles in GR 55. There is an article on page 34 'Herbicide Hazard' re the use of herbicide by Telecom. Would it be possible for you to advise me of the name of the herbicide used at that time? I ask this because we have just had a similar problem with Telecom in Bloomfield, after numerous phone calls from which I received no help at all - in fact the local Telecom person treated me as though I was just a nuisance - I wrote to the area manager in Cairns and have since had a phone call stating Di Bar Herbicide will not in future be used in Bloomfield because of the bore/creek water supply. The promised letter verifying this has not arrived but Telecom uses this Herbicide Australia wide. Is it the same brand?

**Shirley Prout  
M/S 15  
Bloomfield  
VIA COOKTOWN 4871.**

**Dear Megg and David,**

I was so pleased with the article 'ANOTHER ITCHY DOG STORY' by Lesley Kirby (GR 71, p. 36) - my German Shepherd was having lots of trouble with hot weather. Vet. medicine didn't help that much but now I have her on the Pet Loaf. I bath her with Amway LOC and rub a cut aloe vera leaf on her itchy patches and her skin has healed up so I now have a happy dog. If it comes out hot, I rub the aloe vera on her and she has no itches now.

I enjoy *Grass Roots* magazine and thank you all for the recipes, hints and letters. Good reading.

**Nancy McNamara  
25 Adelaide Road,  
MURRAY BRIDGE 5253.**

**Dear GR Friends,**

Further to my letter in GR 71 I would firstly like to thank all those lovely friends who have replied to me, the response has far exceeded my wildest expectations. I have written to all who wrote to me, thanking them personally for their most generous offers, but would like to publicly thank all once again, and also extend to Megg and staff my sincere thanks for the help that they have given me. Not only have I met some wonderful people through my letter in your pages, but I have also had letters from three cousins, one as far away as Victoria, whom I have not seen or heard of for maybe forty years, so readers, you can well imagine how pleased I am with *Grass Roots* magazine.

Now I wish to advise that I have settled on a place to stay, and hope to move down there by the end of April. Unfortunately I can only choose one place, and the choice was very difficult, but it has been suggested to me by some of the people that I met that perhaps there may be other people like myself, who were looking for somewhere similar to stay. So if there were other people who would be interested in trying to obtain a similar place to stay, they could write to me and I will be only too happy to pass on the necessary information to you. I might just add that I had sixteen replies to my letter.

Thank you again *Grass Roots*, and readers please remember, if I can be of any assistance to any of you, please feel free to contact me. Even if I have moved from here by the time this letter is printed, all mail will be forwarded on to me. Good luck everyone.

**Monty Seng  
C/- PO Box 199  
CHARTERS TOWERS 4820.**

**Dear GR Readers**

Apologies to any who enquired re my ad in GR 70 about MILKING GOATS for sale. My husband was transferred and we moved before the mag came out. Sorry for any inconvenience. Anyone who still wishes can enquire to:

**P Emmett  
C/- PO  
WOMBAT 2587.**

**Dear People,**

I have read *Grass Roots* properly for the first time and find a wonderfully warm atmosphere amongst its pages. What stands out to me most is the sense of unity of people who prefer to 'get back to nature' by rejecting the unnecessary of our materialistic world.

Our family has learnt many lessons over the years of just how unimportant material items are, as compared to society's standards. After 2 1/2 years unemployment, my husband recently found a job in Brisbane. Rather shockingly sudden, we moved to the job here from a smaller Nth Qld city with its combination of casual laidback beach and country lifestyle. We are worse off financially with the lower income and higher cost of living so have to revert to pulling our belts tighter. In spite of this (or maybe because of this) we feel sure more doors will open for us as far as our inner needs are concerned.

I have accepted Brisbane as our new home and look forward to discovering it further, but I sense a negative atmosphere about the place. The pall seems to be in the preoccupation with big business and spending/making money - though I know there have to be pockets of positivity here and there.

Whatever I am sensing, as well as the inner need to disassociate myself from the materialism of 'progress', it is urging me to get back to basics. Although I may never be able to generally call myself self-sufficient, I had taken some tentative steps on this path. Now I would like to make a start utilising the basics in our household and making the basics more basic, that is, USING AND MAKING ALTERNATIVES to products available in the shops. Which brings me to my request of readers: can anyone please help me with recipes, ideas, recycling for alternatives inside the home, including foodstuff (i.e. home made food)?

I am looking forward to hearing from many of you apparently experienced people. May the light and love be forever flowing through your souls.

**Leah Connor  
125 Lorikeet St  
INALA 4077.**

**Dear Sir or Madam,**

I would be very interested in any information you can give me on herbs as I have a RASH ON MY LEG which has been there for years, even the ointment the specialist has given me has not improved it. It is very itchy and drives me crazy. If anyone can help I would be more than grateful.

**Lillian Hayes  
5 Bennett Street  
NOOJEE 3833.**



# Feedback Link-Up Feedback

Dear Megg,

Re the GREENPEACE TOXICS GUIDE mentioned in my last letter (GR73, p. 79), my copy came from the YWCA of Australia via our local association. The national office of the Y is at 546 Whitehorse Road, Mont Albert 3127. Ph: 03-899-5770. The pamphlet was originally published in the US by Greenpeace, 1436 U Street NW, Washington DC, 20009. I can't make out the New Zealand address either, but I have two addresses for Greenpeace in Australia: 155 Pirie Street, Adelaide 5000 and Private Bag 6, 134 Broadway 2007. Ph: 02-211-0500. Both these addresses came from *Simply Living* – the SA one was in the most recent edition. I hope this information is useful. Best wishes.

**Janet Cumming**  
PO Box 548  
ALICE SPRINGS 0871.

Dear Grass Roots Friends,

I have just been reintroduced to *Grass Roots* and the lifestyle which I absolutely love and am trying to establish a GR home in Toowoomba. It's quite a challenge but it's fun and very satisfying. I have also just GIVEN UP CIGARETTES with the help of homeopathic and herbal remedies and I feel absolutely wonderful. If I can help others in any way at all, drop me a line. Exercise and breathing techniques – yoga, tai-chi, etc – are also very helpful. I'd love to correspond with and meet other GR minded people. Love, peace and good energies to all.

**Judi Radel**  
57 James Street  
TOOWOOMBA 4350.

Dear Grass Roots,

Hello to everyone. I and my husband Terry would like to teach our six month old daughter Sunshine, when older, instead of sending her to school. We'd love to hear from anyone who has taught their children or knows about HOME SCHOOLING. We intend living down south in the bush of Western Australia in a few years. We now run 'The Home of Natural Wood Sculpture' which is near Quairading, if anyone wants to visit. Thanks for a really great magazine.

**Cindy, Terry and Sunshine**  
C/- PO  
QUAIRADING 6383.

Dear Fellow Inhabitants of This Globe,

It was good to read in a recent issue the letters by Gabriel Luft and Rohan Ambrosius stressing our responsibilities as custodians of the earth. *Grass Roots* is always full of letters seeking and suggesting alternatives to the plastic, consumerist, environmentally destructive, throwaway society surrounding us. This is very fruitful, and contributes to increasingly satisfactory lifestyles on individual and group levels. However, there is one thing we must not forget. We must not use these alternatives to create an insular form of escapism. It is very easy to turn off from the problems of the larger, outside world, once a person or community has perfected their own immediate environment.

We all SHARE THIS PLANET – people who destroy and exploit, people who are ignorant, governments that make rules, societies that unquestioningly follow them and those of us who are aware and concerned, and who question. Surely we have a duty to spread this awareness, to make people realise the enormous problems associated with our diminishing natural resources and obsessions with financial gain. Look beyond your own lifestyle! Act now, before it's too late.

**Wendy Nixon**  
3/509 Varley St  
YORKEYS KNOB 4878.

Dear GR Folk,

Well, hi for starters. I am finally going to swap magazines (after stealing Mum's *Grass Roots* for years). I'm in my final year of high school. I am a correspondence student, and my family live on a small acreage. Mum raises goats, chooks and we also have pigeons, horses and of course dogs and cats. I make my own skin products, and I am a great believer in aromatherapy and the amazing properties of herbs and plants. You see now why I am swapping to *Grass Roots*. I would greatly appreciate any old wives' recipes for HOME MADE

COSMETICS, hair and skin products (you don't necessarily have to be an old wife). And also any recipes NOT CONTAINING SUGAR would be greatly appreciated, because my system can't take too much sugar, with all the aggravating yucky results. I'll be glad to hear from everyone, keep up the good work team.



**Sheri Olsen**  
'Little Kalina' M/S 299  
Bucca Rd  
BUNDABERG 4670.

Dear GR Readers

Some time ago, one S Moore tried to start a creative writing club but unfortunately could not continue with it. I would like to try a WRITING CLUB with a difference – a ring of correspondents comparing ideas with each other, with a main person to channel things to everyone, such as the address of club members to everyone in the club, or club newsletters. A convenient utility you could call it for budding writers wanting opinions on their works, or not so budding writers wanting ideas or the obvious friendships that could arise from such a club. So if you're interested and would like to help, your letters would be much appreciated.

**Joel Brooks**  
5 Fraser St  
QUEENSLIFF 3225.

Dear Grass Rooters,

At the moment I am in Waikerie, SA, the citrus capital of Australia. Next week I'm moving back to the Central Coast temporarily. I am 19 years old and previous employment has been cleaner, labourer, OTC, stockbroker, fruit picker and other things. I'm planning to go to the USA and live with my relatives but things are constantly changing rapidly in my life. I would like to live in Queensland or Northern NSW on a commune or with a loving family or anyone willing to help me FIND THE RIGHT PERSPECTIVES. Well I'm really confused with life and my role in it. Could someone please reply to my letter?

**Nicholas Folkes**  
8 Country Close  
UMINA 2257.

Dear Grass Roots,

I am trying to obtain information on HOME BIRTHING. From what I have heard, I don't like some of the methods used in hospitals concerning childbirth. The only time I have ever stayed in a hospital was when I was born, and that stay was for a fortnight. I am 23, a vegan and plan to start a family early next year. I have decided I want to have my baby at home, in familiar surroundings where there is plenty of love, peace and tranquillity, thanks to a very loving and understanding husband. Any information from readers would be greatly appreciated.

Thank you *Grass Roots* for putting out a very informative and interesting magazine. Keep up the good work.

**Sharon M Roylance**  
47 Broome Crescent  
WONTHAGGI 3995.

Dear People,

I am interested in building an outside wood-fired BREAD MAKING KILN like those used by our pioneers. Has anybody any success or experience in this matter? I would like to hear from you please. Also, I am interested in obtaining a second hand electric stone flour grinder, if anyone knows where they are to be found.

**Joylene Koch**  
Box 68  
BOOLEROO CENTRE 5482.

Dear Sir/Madam,

I would appreciate any information on a system to utilise the heat given off by hot ARTESIAN WATER.

**Paul Griffin**  
PO Box 2720  
MT. ISA 4825.

Although many of the articles in GR are written by people who have been practising their skills for a number of years few write on how they feel now those early battling years are behind them and they are enjoying the rewards of consolidation. Has life evolved as they imagined it would or have there been surprising twists and turns? Can we expect after a few years living the good life to rot away like compost, or do new challenges present themselves in time to save us from sleepy complacency? Each lifestyle is different and each individual reacts differently within it. Below two readers who shared a little of their experiences in earlier issues write now on life a few years along the track.

## ***It's All Worthwhile***

by Tina Cinzio, Neptune Island, SA.



If anyone had told a country girl like me who was always very involved in community affairs in my home town that I would be living in isolation on lighthouse stations, I think I would have said, 'You've got to be crazy!' Especially if one added to that statement, 'and you'll be teaching your own children too!'

Yes, I am the wife of a lighthouse keeper and the mother of 5 children, 3 grown up and 2 little ones here on the island with us. We lived on Althorpe Island for 4 years (see GR 54, p. 15 for this story) and have been on Neptune Island, which is situated about 90 km (56 miles) south-east of Port Lincoln, for 3½ years. It's here on Neptune that I have had to undertake the challenging task of teaching Joshua and Emily. I started with just kindy at first, but now I have them both at school – Emily started at the beginning of this year.

Before coming here, I had never heard of Port Augusta School of the Air and the thought of teaching our own children had never crossed my mind. Initially our job was only going to last about 12 months, but now 7½ years down the track we've had to consider our children's education and instead of being able to see them off every day to a 'normal' school, they go up to their own school room at the front of the house. We love Neptune and will probably be here for a couple more years – or until the Dept of Transport decides to close the place down and make the light automatic.

Teaching Josh and Emily has caused a tremendous change in my life and I've had to put aside my hobbies and interests, because now there aren't enough hours in the day to enjoy them. I'm also a full-time weather observer, having to take and send observations every 3 hours, which also cuts into my day. An example of a week-day in our lives is getting up early, having breakfast and doing the morning chores, during which time the children are getting ready for school, having to be ready by 8.45 a.m. We then go through the day doing school work and activities until around 3.00 p.m. with a break for morning tea and lunch plus a brisk walk for half an hour at 12.30 p.m., weather permitting. This walk clears my head of cobwebs; for the children it's good exercise and I guess this goes for me too.

Some days go quite smoothly, but other days are very chaotic with Joshua being in one of his negative and stubborn moods, refusing to do any writing as he would rather be outside with his father, in the workshop, or in the engine room servicing the generators with the men. At times I have had to leave him to finish off a lesson on his own whilst I do my weather observations, but nine out of ten times I come back to find him not there, the excuse being that he heard a noise and had to check it out, or he urgently had to go to the toilet (which could have been true), or Emily needed his help with something. These moments are very frustrating and many a day I'm ready to tear my hair out.





A recent family shot taken in our dining room – Davide, Emily, Joshua and Tina.

What makes all this worthwhile, and may I add very worthwhile, is when I hear Josh read beautifully, or he's received a 'good work' sticker (especially one with a fragrance) from his teacher and his reaction is a big smile from ear to ear. He loves to hear his name read out over the transceiver telling him he's got some work up on the display board at SOTA. I've been really looking forward to Emily starting school and to seeing her reaction when she gets a 'good work' sticker. These little rewards mean so much to the children. Emily has already sent in work to her kindy teacher and loves doing drawings or



Boxes of fruit and our mail have just been delivered, a service we enjoy once a fortnight.

paintings to please her. I hope this attitude will continue this year.

I guess I'm very lucky too. I have a devoted husband who understands my hectic schedule and doesn't mind washing dishes or sweeping the floor or even cooking the occasional meal, so that I can spend that time with the children. He does read to them at times but leaves the rest of their education to me. Supervising the children is a full-time job and with the occasional help when it is needed and encouragement from the teacher I know that I can do it and at least in years to come I can say that I taught my children to read and write. Not all days are roses and when I'm asked 'What on earth do you do all day?' I have a little giggle to myself.

Working out a week's programme is important to me, as at least I know what we're doing from day to day. This gets done on Sunday nights. After 3.00 p.m. most of the time there are still plenty of chores to be done, but we always take a break when our neighbour Tim comes over for a cuppa and a chat. I look forward to the evenings when, after having read Josh and Emily a story and tucked them into bed, I relax with a good book or just the company of my husband Davide.

Neptune Island is a beautiful place with so much to see and do. It presents different faces with each seasonal change and the activities of the wildlife are magic to watch. The weekends are special, where we as a family can enjoy all that surrounds us and think of it as our little haven – until so called progress catches up with us.

### A QUICK DRAUGHT STOPPER

Cut off and discard the toes of several woollen socks. Finely stitch the remaining pieces together to form a long sausage. Firmly stitch or tie one end, fill with sand and secure other end. Place at base of door.

# Still Doing It Our Way

by Jean-Louise Watson, Jimboomba, Qld.

Megg's remarks about differing definitions of self-sufficiency, in Gumnut Gossip, GR69, prompt me to once more put pen to paper – or in my case, hit the keys. Since I wrote for the *Bumper Book* about our endeavours here on our ten acres, this area has gradually changed as more and more people take up acreages, build houses and enter into various enterprises. We have also seen a lot of people leave the area and some properties have changed hands a number of times. However, some endure with their original owners, and I wonder whether this is because they adopted a similar philosophy to ours.

The great and wonderful dream that so many suburbia dwellers have of being self-sufficient, while it is possible, also entails a great deal of very hard work, self-sacrifice and perseverance. One of the things that has to be kept in mind is that, while it is comparatively easy to provide one's family with food and a certain amount of clothing, it is a fact, even if an unpalatable one, that one cannot survive in this world without some cash flow – even if, like us, you are able to buy land and build a house without going into debt. Even should you cope happily, as I know a lot of people do, without supplied electricity and other modern conveniences, what happens when the local council demand their rates? What if you need a doctor? Even in everyday life there are a number of items which are very difficult to provide for yourself. Whilst being prepared to 'rough it' as we did very much in the early days, I admit to liking proper toothpaste, and soft toilet tissue. So we compromise.

Our actual philosophy of life is that the important thing is to be happy and healthy; also, when it stops being fun – stop doing it! We make no apology for compromising the ideals of self-sufficiency; what we have endeavoured to do is combine providing for ourselves with enjoying life to the fullest. This has worked perfectly for over fifteen years now; it might not suit everyone, but I thought our experiences might help others who feel that they are a 'failure' simply because they tried to do too much too soon, or all at once. By doing things our way, we enjoy a healthy country lifestyle, while still having enough time for our 'extra curricular' activities such as ice racing, soaring and skiing.

To begin with, Patrick has continued to work full time. One of the reasons for this is that he has finally realised a lifelong ambition to fly, and this required financing. Also we are very active despite now being what is laughingly referred to as 'middle aged', and we like to have a skiing holiday now and again. Why be a slave to a property if you don't have to? Don't feel guilty about it – there is no reason why you shouldn't enjoy the best of both worlds.

Now to the practical. Over the years we have kept, reared and learned to slaughter and butcher most types of animal. Along the way we have had a lot of joy from our learning experiences, and also shed a good few tears, mostly of frustration. We kept milking goats for a long time, in fact right up till the children left home. These were perhaps my personal favourites. I learned not only to milk, but also to trim hooves and play midwife and foster mother, along with the usual worming and grooming. We were constantly being given



We found two sheep at the one time enough for us to handle.

donations of unwanted goats from various sources, mostly headed for the freezer. One of the most memorable was Curly, an Angora buck. If you want a paddock cleared, get one of these hairy four-legged bulldozers. He will not only eat the ground cover, he will clear small trees and fence posts! Curly would pick out a post and work on it for days, butting from the full charge position, until he had loosened it completely. Only the good strong wire fencing prevented regular escape.

We have kept sheep, both for the fleece (I am a very keen spinner of all fibres) and for the freezer. We never had more than two sheep at a time. Keep the numbers small and it is easier all round. The sheep which remains forever bruise coloured in the memory is George. He was a big ram and we had him for his 'holidays' when there was a bit of a problem at his own home. George loved buckets because buckets mean grain – yummy! Trouble was that he couldn't wait. Woe betide the unwary who turned their back on George whilst carrying a bucket. I was on the receiving end once, and I can assure you that once was more than enough. He was just reaching maximum speed as I became aware of my position, and I collected Big George fair on the broadside, measuring my length on the ground while he grabbed the bucket. After that the rest of the family would come out to witness the fun as Mother tried to feed everyone, including George, while hopping from tree to protective tree.

Calves were a project on another occasion. We made the mistake of raising four all at once. By the time the freezer could take the last one he was really too big. Here again, two would have been plenty. The point I am trying to make is, keep everything to a size you can handle. Don't take too big a bite at anything. We have had a number of pigs, one at a time, and they are great to keep, particularly if, like me, you hate waste. Also we have had chickens, both for eggs and meat; ducks ditto.

For a long time we had Muscovies, but later gave them all away and went in for Campbells, which proved to be a far better choice since we kept ducks because we love the eggs. Sadly our lovely ducks fell prey to a pair of marauding dogs while we were not at home. Dogs can be a constant threat to livestock unfortunately, especially in outer suburban areas.

Presently we have only one four-legged friend, our pet dog, trained from a puppy not to chase *anything*, but we are now into Silkies and guinea fowl. Of course, all the way along we have maintained a vegetable garden, and we have gradually developed a range of fruit trees and grape vines. Regarding the vegetable garden, this being my province since Patrick is working, I have tried to grow just enough for our own use, and we usually have a selection harvesting throughout the year. Any surplus I preserve as far as possible. Often we will only realise as we sit down to dinner that everything on the plate was home-produced, and this seems to add to the flavour as well as being highly satisfying.

One battle I have had with myself is not to feel guilty because I don't go to work. We live close enough to the city to be contaminated by the present day attitude that women should get a job when they are no longer child minders. My job is right here. I take care of most of the everyday running of the property, looking after the various gardens and the fowls, making all our bread and pasta, and getting back to my spinning at every opportunity. Pat does the heavy stuff when he is home, and between us we make a good partnership. We still keep bees and this is very much a joint effort. All work connected with these little creatures is shared – remember the Beenanza (GR 49)?

I don't know that any of this will help anyone else, but I do hope it can show that, in effect, one can have the cake and eat it too. We began here with nothing. Literally. No road, no power, no water, no house. We still look back on that time as being the truly happiest of our lives. When you have nothing, there is nothing to worry about. Rather than have everything all at once, which entails the millstone we all try to avoid



I am kept busy spinning, looking after the poultry, making bread and pasta and maintaining our gardens. Fruit trees, vines and natives have been planted and of course we still keep bees.

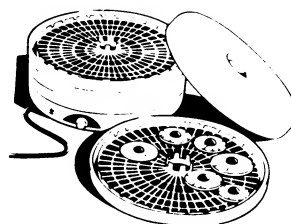
–borrowing – we have proceeded gradually. We have not used all our ten acres, only enough for our needs. The rest is left as nature intended, and we are rewarded every day by the contented wildlife which lives alongside us, despite the encroaching so-called civilisation. We have an extremely healthy lifestyle, but we also indulge in activities far removed from the farm. This attitude to life has worked well for us, kept us fitter than a lot of teenagers, and made us very happy. So don't give up, give in – to compromise.



One of our hives amongst the native trees.

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# LOWER YOUR CHOLESTEROL

by Joan Mackie, Gulgong, NSW.

I would like to share a recent experience with other readers, hoping it may be of some help to them. A few months ago my doctor decided it would be wise for me to have my cholesterol level checked. Anyone who has had a high reading will be able to understand how shocked I was when I discovered just how high my cholesterol count really was!

It must have been 35 years since my husband first became aware that his cholesterol level was much too high. Care with his diet over a period of about twelve months eventually brought it back and then kept it at a level which the doctor considered safe. For all those years I had been having the same type of meals, yet my cholesterol was quite high!

My doctor gave me a simple diet to follow, asking me to withdraw sweets. He also suggested that I might give some consideration to including oat bran in my diet every day. (I then set about reading everything I could find about oat bran!) Thoughts of my childhood immediately came to mind. I had never been able to eat, let alone enjoy, rolled oats porridge! Surely, as a mature adult, I must be able to eat oat bran added to rolled oats porridge!

The very next morning Darby and Joan were sitting down to a breakfast which commenced with a serving of 'the magic concoction'. After eating three small spoons of porridge, I pushed my bowl aside saying to my husband, 'It is no easier for me now than it was when I was six or seven years of age! Without any sugar it seems even worse!' I felt rather bad, sitting at the table watching my husband eat his bowl of porridge without any effort at all!

Ever since that memorable morning, my breakfast has consisted mainly of oat bran muffins, made from any available fresh fruit in season. I have simply substituted four muffins a day for the permissible bread allowance and I have been more than delighted with the result. After just seven weeks my cholesterol level had fallen dramatically from almost nine down to a little over five! I was certainly ecstatic. My doctor was also delighted with the result.

There seems to be so many people these days who are having problems whilst attempting to lower their dangerously high cholesterol level. There are without doubt even more folk who are quite unaware of their own cholesterol level, whether it is quite normal or alarmingly high like mine. They have not thought to ask their doctor about having this simple blood test done!

When eaten regularly, it now appears that oat bran can prevent excess cholesterol accumulating in the body. Studies and research conducted by several universities and numerous highly qualified physicians tell of outstanding success in the reduction of cholesterol obtained by the regular inclusion of oat bran in a diet. The same research found that oat bran (the outer skin of the oat grain) consists of a large proportion of soluble fibre, which for some reason is much more effective in reducing cholesterol than is wheat bran, consisting principally of insoluble fibre.

Perhaps you may think that I was just lucky and that it may not be as easy as it sounds, yet who knows until they try the oat bran? Most people are fully aware of the prevalence of heart disease in our society. So, why not decide now to eat some oat bran every day. It is really quite simple to include about 1/2 a cup of oat bran in your diet daily. Some people find it easy to eat it either in their porridge or added to cereals of their personal choice. Those who prefer can simply eat four or more oat bran muffins, to obtain their daily oat bran requirements.

I recommend others to persevere with oat bran for a few weeks at least. Perhaps you will then be convinced, like I was, and it won't seem difficult to continue with the oat bran, just as my husband and I have done. To make it easier, I have compiled a recipe book of more than fifty of my oat bran muffin recipes with instructions for baking them in conventional as well as microwave ovens. With such a variety of muffin recipes to choose from, no one need ever tire of eating them!

*Microwave Oat Bran Muffins* is obtainable for \$8.00 posted from Mrs Joan Mackie, 42 Mayne Street, Gulgong 2852.

## RECYCLING SOAP SCRAPS

**Accumulate soap scraps until there is sufficient to make another bar of soap. Melt the scraps, add some perfume if preferred and pour into a plastic mould to cool.**

## The Grail Message

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by Abd-Ru-Shin

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# COILED POTTERY

by Andy Wright, Gosford, NSW.

Coiling is a traditional method of pottery with its origins in the earliest civilisations. A very simple technique, it lends itself to pots that are earthy and organic and so is probably an ideal technique for *Grass Roots* readers. Unlike wheel thrown work, which is precise and disciplined, hand pottery and in particular coiling enables the crafts person to work closely with the forces of nature, to let form and shape evolve from the material at hand.

## PREPARATION

Clay for coiling is prepared as for other techniques, that is, it is wedged to work out any air bubbles which may cause the pot to explode during firing. Wedging is very simple and if you are a complete beginner to pottery then I suggest you either enrol in a clay course at the local tech or buy yourself a good pottery book and devour its words several times before opening your pack of clay. Very briefly, wedging is done by cutting through the lump of clay with a length of wire then taking one piece with cut side up and slamming it on top of the second piece, so as to force out any trapped air. Cutting and slamming – it is a wonderful process if you are feeling cross with life – is continued again and again until you can cut through the clay and find it absolutely smooth. You will need a strong bench for this because the average kitchen table will not stand up to the energetic slamming.

wedge clay with a piece of wire or fishing line  
with washers on each end



throw clay down hard

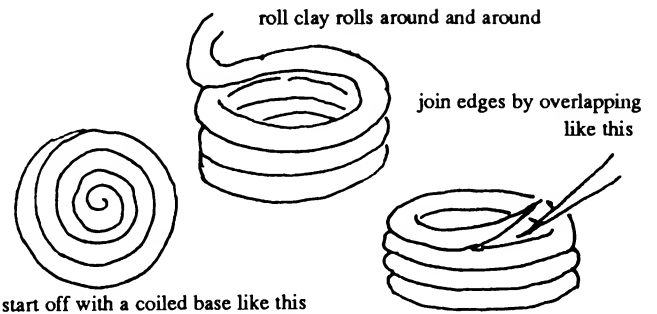


A word here about grog – not the alcoholic type but the ground up burnt fireclay that is often added to clay to reduce shrinkage and add coarseness and strength to a pot. It is a good idea to use a clay that includes grog for this technique. If you can't buy clay that is premixed try and obtain some that is coarse with extra sand added, or enquire as to how much grog would be needed for the amount of clay you have and mix it in while wedging.

## METHOD

The technique of making coils varies from potter to potter and between books, but regardless of which method you use you are aiming for a roll that is perfectly even in thickness and about the length of both hands with the fingers spread out. To roll the clay start with the palms of your hands and gradually bring the opened fingers into use, rolling rhythmically back and forth. You will find it easier if the clay is slightly soft rather than firm, the latter having a tendency to dry out, thus becoming firm and breaking easily. Make a number of rolls before beginning to build your pot and put aside under plastic so they remain moist and pliable.

The easiest pot to commence with is a straight sided one in which the coils are laid in rings one on top of the other to form the walls of the pot, the diameter having been determined by the size of the base. You should have a plan (with



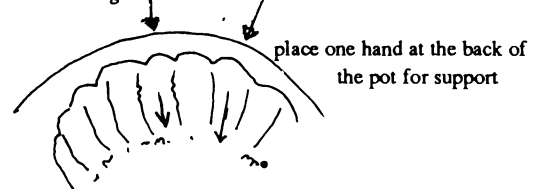
start off with a coiled base like this

dimensions) of your pot before commencing and also a pot of slip on hand. Slip is a creamy mixture of clay and water used as a potters' glue – it can be used when sealing the joints of coils, to dampen between coils as you lay them if the clay is drying out and to seal the work, inside or out, as it grows.

To form the base of a pot take a roll of clay and coil it round itself, gently pressing and moulding it together with the fingers. When it is large enough you can begin to coil on this base. Before commencing, set a board on your table or workbench and place some card or paper on it, and then build the pot base on top of that. The board provides greater flexibility for manoeuvring the work and the paper helps prevent cracking in the base as it dries and shrinks.

To build the walls of the pot wind the clay rolls around and around, one on top of another, joining in new rolls with a touch of slip as required. When joining the two pieces don't break the ends off suddenly but taper them out to a thin point, and overlap for several centimetres. After every few rings join the coils together with downward pressure from the fingers. If you wish to keep the coiled look on the outside of the pot you will need to press the coils carefully so as not to distort their shape, whilst inside the pot the downward movement will smooth the clay and leave it well sealed.

downward pressure of fingers



This process is repeated until you reach the required height. Should the shape begin to weaken during building stop and let it dry out until the coils have stiffened. When the top is reached it can be reinforced with an extra coil inside the top rim. It is essential to see that each coil is properly sealed on or the cracks between will develop further and open during drying or firing.

Coiled pots tend to take longer to dry out than wheel thrown and other pots because of their extra thickness. Resist the temptation to build thin walls – structurally they will not be able to carry their load and they give the pot a sad, undernourished look.

Curved coil pots are rather spectacular but are not for the beginner. Stay with the straight sides until you feel ready to take up the challenge associated with curved shapes. The

I hope this brief rundown on making coiled pots will interest and stimulate readers to try it for themselves. Pottery is not difficult nor is it essential to be talented as with drawing and painting. It is a craft everyone can learn and use – ask around today and see if there are classes in your town or suburb.



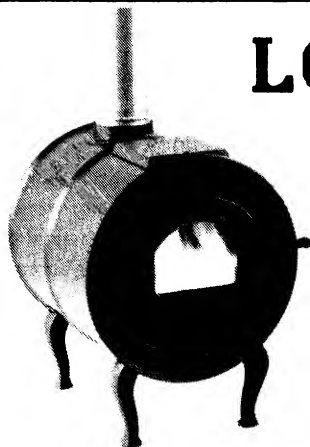
## NATURAL COLOURS TO REPLACE SYNTHETICS

A research station is investigating novel fruit crops in Britain in an attempt to find natural colours that can replace synthetic dyes now used by the European food processing and pharmaceutical industries. All the plants under consideration produce highly coloured fruit containing flavonoids (mainly anthocyanins), carotenoids and vitamins. These are of interest because of increasing pressure from anti-toxicological legislation to replace synthetic dyes such as amaranth and tartrazine with naturally-occurring plant pigments.

The best immediate novel fruit prospect for the fresh food and processing markets is the American highbush blueberry *Vaccinium corymbosum* according to scientists at the Scottish Crop Research Institute near Dundee. This is widely grown in the United States and a few growers are trying it out in the United Kingdom. Blueberries already grow and crop well in Britain. The fruit, which can be machine-harvested or hand-picked, is extremely attractive, with a pale blue waxy bloom, and its shelf-life is longer than any other comparable fruit.

Another novel fruit that is closely related to an existing soft fruit crop is the purple raspberry. This is a hybrid of the black raspberry *Rubus occidentalis* and the red raspberry *R. idaeus*, and it has attracted considerable commercial attention because of its high pigment content and strong flavour.

Sea buckthorn *Hippophae rhamnoides* is also showing some potential as a processing crop. It is a thorny, dioecious shrub which produces large clusters of vivid yellow-orange berries. Commercially acceptable dwarf thornless cultivars have been bred in the Soviet Union and several are being investigated at the SCRI. Rich in carotenoids and vitamins B, C and E, extracts from the fruit and seed are already being used for a variety of medicinal purposes in the Soviet Union and China. Sea buckthorn juice products have a unique taste and aroma and are sold as Siberian Pineapple. The intense yellow oil-soluble carotenoid pigments have already stimulated some interest in fruit processors as a possible alternative to synthetic colours. The main problem is that the berries are very hard to harvest from the bush, but scientists have set up field trials on the east coast of Scotland to test a specially designed suction harvester. Information courtesy *British Agricultural News*, British Consulate General, Gold Fields House, Sydney Cove, Sydney 2000.



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# THE CAVY

## A Great Pet for Grass Rooters

by Muriel White, Armadale, WA.

What's small, cheap to feed, easy to keep, cute and cuddly and lots of fun? The humble guinea pig, usually regarded merely as a child's pet, something people outgrow. Wrong! There are lots of level-headed, normal people throughout the country who own and breed guinea pigs. The proper name is cavy, so if you see a Cavy Show advertised you will know what it is.

Cavies (or guinea pigs, if you insist) come in lots of colours and varieties. There are blacks, whites, lilacs, reds, goldens, chocolates, creams, to name a few, as well there are the many types of coats, – the smooth shorthairs and the fuzzy Abyssinians, plus the punky Rex, a new variety which is like a teddy bear (in the USA they are called Teddies!). For the fanatic there are the longhairs: the Peruvian, which is like a mop and you can't tell which end is which; the Sheltie whose hair grows back off its face, and the Coronet which is similar except it has a crest (like a star) on its head. If none of these take your fancy there are the marked varieties for people who like a challenge; the Himalayan (like a Siamese cat); the Dutch, Torti and White; bi- and tri-colours and the Dalmatians (yes, spotted like the dog). There are so many to choose from.

Cavies are so easy to keep. The cage needn't be elaborate but a big one is nice and doesn't need cleaning out so often. Cavies like somewhere dark to hide and sleep, fresh water to drink and feeding twice a day. Water is best supplied by a drink bottle (sold through pet shops). Guinea pig food can be bought also at pet shops but if you have a few it's better (and cheaper) to buy it in bulk through stock feeders. They also appreciate apples, carrots, lettuce leaves, cabbage, cauli leaves – in fact most fruit and vegies, even potato peelings. (Don't feed potato plants or rhubarb leaves as both of these are poisonous). Cavies love grass and they can eat lots of it, also dandelion leaves and stalks are a delicacy.



Tammy (left) and Jonquil, two golden Agouti sows.

The rubbish from their cages is great for your organic garden, just throw it on and dig it in. A friend of mine grows a bumper crop of tomatoes every year from her guinea pig trash!

Guinea pigs make a good starter pet for children as they are gentle and easy to handle. They become more tame the more they are handled. Always supervise young children though as they can be over enthusiastic in their approaches to these pets.

All Australian states have cavy clubs which hold regular meetings and shows. They are a friendly lot, always ready to welcome and help new members. Shows are a lot of fun and some clubs have cavy racing and novelty events (like fancy dress) as well as the breed classes.

## Big on Enjoyment, Small on Trouble

by Richard Scheiwe, Warwick, Qld.

Cavies (or to give their correct name, *Cavia aperea porcellus*), commonly known as guinea pigs, are easy to keep, virtually disease free and perfect for children's pets. I was about 2 years old when my brother and I were given our first guinea pigs and I have had them since then. Although now I am a member of several clubs that regularly hold shows I get no more enjoyment out of them than I did when I was younger. I started off with crossbreds or pets. I am now breeding pedigreed cavies. These are bred to a strict show standard as are dogs and cats. There are upwards of 50 different varieties so there are a lot to choose from and more are being standardised every week.

### VARIETIES

The Rex is one of the newer breeds with a coat that stands erect. The aim is a very thick, rough short coat. There are also longhaired breeds which are not recommended for beginners, as their hair gets up to 25 cm (10 in) in length. When you are

breeding or not showing a longhair you can trim his coat or put it in rollers to stop it getting knotty and chewed or dirty. There are shorthair varieties too, such as Dalmatians, Sells, Roans, Dutch, and there are Agoutis, Tortoiseshell and White and other coloured varieties; there are also Himalayans.

The Dalmatian comes in several different colours – black, chocolate, silver Agouti and golden Agouti being the most popular. The aim is clear distinct spotting over a white body. It has a coloured head with a blaze extending from the bottom of the nose to the space on the head between the ears. They have to have 4 coloured feet and the pads and ears are to match the standard. Dalmatians are not easy to breed and take time to establish a good line. For this reason they are not a good breed for beginners.

The Sells come in a range of colours including black, white (pink or dark eyed), cream, golden (pink or dark eyed), red,

chocolate, beige and lilac. With this breed you should try to maintain an even shade all over the body and head. The top colour is to match the undercolour and the coat is to be short and silky with a glossy sheen. Ears, eyes are a point to be bred for – they are to be as large as possible. The body should be cobby and well conditioned as should other breeds. They should have short faces and wide foreheads.

Roans come in several colours as well – blue Roans (black), chocolate Roans, and different Agouti Roans such as golden Agouti. The Roan, unlike the Dalmatian, is supposed to have a solid coloured head and feet with coloured hairs evenly intermixed over a white body.

The Dutch is a two coloured cavy with a base colour of white. The colour besides the white may be black, chocolate or red and there are Agouti Dutch as well. The Dutch is meant to have a circle of colour around each eye and a blaze between the ears. It has to have a saddle and on the back feet it should have white 'socks'. Ears are to be the same colour as the body.

Agoutis, another of the shorthaired varieties, are thought to be the original colour of the cavy. They come in several colours, some have black base colours and others have chocolate base colour. The black based colours are golden Agouti which has gold ticking, silver Agouti which has tungsten coloured ticking. The lemon Agouti should have blue-black undercolour with lemon coloured ticking. The cinnamon and chocolate Agouti both have cinnamon coloured undercolours, the cinnamon has a light cinnamon top colour and the chocolate has a light milk chocolate ticking. The cream Agouti has chocolate undercolour with cream ticking and the orange Agouti has orange or red ticking over chocolate. The Agouti's main faults are patches of top colour or absence of top colour.

Tortoiseshells or Tortoiseshell and Whites are a very hard type to breed because you are required to breed a cavy with opposite patches of the same colour which are to be square cut and even. They are sometimes referred to as the heartbreak breed. The Torti and White as fanciers call it should be red, black and white, with those colours as close to the Self standard as possible.

Himalayans are marked like Siamese cats with two different colours. There is the chocolate Himalayan and the black Himalayan. They have pink eyes with either milk chocolate points or black points.

Abyssinians are a rosetted breed which have to have a certain number of rosettes to be able to be shown. They have to have four around the rump and four around the saddle. They can have one or two on each front shoulder. The centres of their rosettes should be in line and they should have a mane behind their ears and a line running down their back over the head to the end of the nose. They come in different colours and they are usually very inquisitive animals, never sitting still.

The Crested variety is any animal with a small rosette situated between the eyes and ears. The crest should have a pin-point centre and should be the same as the body colour. There is a longhaired crested variety, there are Crested Agoutis, Himalayans, Dalmatians, Roans, Torti and Whites, Selfs. Each of these has their own standard. The American Cresteds come in red, gold, black and cream. Other variations are being bred all the time. The difference with the American Crested is that instead of the crest being the same as the body colour it is white. It is best to have 100 percent but 75 percent and up is

acceptable for showing. The crest should be as dense in colour as possible.

## **BUYING**

In all pedigree breeds one thing is sure: we all are striving to breed cavies with blunt heads and cobby bodies. High shoulders are another sign of a well bred cavy. When you are buying cavies look for the brightest and most alert. Never buy a cavy if it has a limp. When buying inspect the cavy. A healthy cavy should have clean eyes, ears and vent area. It should be in good condition but not obese. Pet shops sometimes are not good places to buy. It's often better to go to a registered breeder who knows what s/he is doing. A good breeder will not mind if you look in the caviary and inspect the cavies. Lice which can be irritating to the cavy will cause it to scratch, sometimes till the hair comes out, so when buying make sure the cavy hasn't got bare patches. Dipping in an insecticidal solution for birds usually does the trick. Before a show animals have to be well groomed and lice free.

## **RAISING YOUR OWN CAVIES**

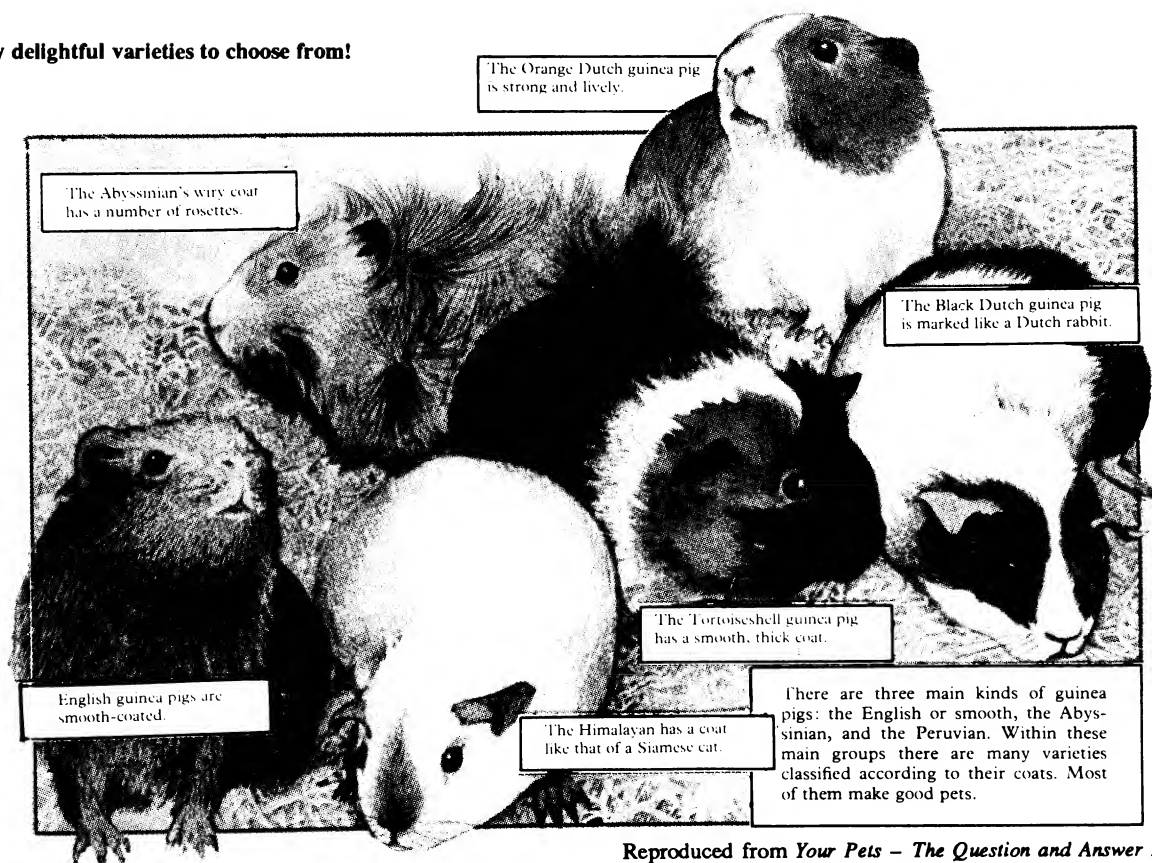
The best time to breed guinea pigs in Australia is the cooler weather (March to October). Some people say guinea pigs breed like rabbits. That is not always true. Besides that, with good management and adequate housing you can keep boars and sows and have babies when you want them. Sows will live together in harmony although boars won't after about 2 months of age. Sows come on heat every 14 to 16 days. If they get pregnant it takes anything from 63 to 72 days (the longest gestation period of any small animal) till the babies are born, fully furred and with their eyes open. From about 2 hours old they will start nibbling their mother's food. Their mother supplies them with milk for about 3½ to 4 weeks. Then is the best time to take the babies off the mother and put them somewhere else.

While the babies are young it is good to keep the green food up to the mother. The babies often will eat bits, easing the stress on the mother if it is a large litter of 4 or 5. At about 4-5 weeks the sows become sexually mature although it is unwise to let them become pregnant so early. The boars become sexually active at about 5-6 weeks of age. They should be separated from the mother at 4 weeks so as not to risk getting the mother or sisters pregnant. If guinea pigs are well fed and kept in good living conditions they can live up to 7 years, although sows can only breed up to about 3½ years on the average.

It is best if the sow is mated at about 4-5 months of age, so her pelvic bones will not have set before she has a litter. If you have a sow that is 9 months old and has not had a litter it could be a risky business.

Guinea pigs or cavies usually have a quiet disposition, especially if handled from about 1 week of age. Avoid handling when the babies are younger. If you intend showing it is best to start young so that they are quiet and used to handling and activity around them. To show a guinea pig you have to train it to sit on a show board, as well as to tolerate grooming and inspection. All breeds require bathing and grooming of some kind. In a guinea pig's coat there are a lot of loose hairs and these all have to be brushed or groomed out for the animal to be able to be shown. After you have taken them out you will see your cavy is much shinier and smoother.

So many delightful varieties to choose from!



Reproduced from *Your Pets - The Question and Answer Encyclopedia Series*, published by Rigby Limited, 1978.

Guinea pigs eat almost any vegetable or fruit – except potatoes, which can block their arteries and eventually kill them. If your cavies are in grass cages then they will get a supply of fresh grass, but if kept in tiered hutches they should have some lucerne hay or lucerne chaff. All cavies need grain or a grain by-product of some sort – it helps them grow. Cracked corn will give them energy and keep their coats lustrous. Bran, pony or horse pellets, rolled oats or barley are all suitable. If you can get grain with molasses it is really good. The ideal food for them is grass which has a high vitamin C content which cavies need to survive (grain also has some vitamin C content), as they are the only other mammal beside humans whose bodies cannot make vitamin C. Guinea pigs should have a clean supply of drinking water at all times, either in a dish or in a professionally made drinking bottle that's available from the clubs.

Guinea pigs were originally from Peru where they were bred for food. Now, as well as being popular show animals and pets, they may be bred as a source of food for third world countries.

There are cavy clubs all over Australia which hold regular shows. Anyone in Western Australia who would like to join a club please contact Dr O Williams, 9 Patio Pl, Geraldton 6530. For the Darling Downs Cavy Club write to the secretary (me!) at 22 Bourke Street, Warwick 4370. There is also a Central Queensland Cavy Owners and Breeders Society. Please contact Mrs R Gray at PO Box 62, Yeppoon 4703. Ph: 079-397-967. For anywhere else in Australia: The National Australian Cavy Council Secretary, C/- Mrs S Nipperess, 20 Fleetwood Street, Macgregor 4109. There are cavy clubs in New Zealand too, so if you are after cavies ask about. Happy cavying.

#### HANDY HINT

You can make your own cheap window cleaner by adding two tablespoons of vinegar to a bucket of warm water.

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# SETTING UP A CRAFT SHOP

by Sandra Turnbull, Vacy, NSW.



The Bushman's Gallery at Vacy in the Shire of Dungog, NSW.

I've just spent my whole day (in between the usual home duties like washing, and trying to keep the chickens out of the house) reading my second purchase of *Grass Roots* Nos. 71 and 72, which I only recently discovered. After reading the interesting Feedback section I realise I'm not queer after all. There are other people who live a quiet pace of life or are striving for it just like me.

When the children were young my marriage broke up and I chose to bring them up in a rural atmosphere. I couldn't have chosen a better place than where we are now. We have rented a farm cottage on a dairy farm for the past six years. It has given the kids a slower pace of life with space to learn and grow in a beautiful natural environment. My son has learnt many skills on the farm, my daughter has been nurse to an injured hawk, kookaburra and rabbit, and caretaker of our family pets. Me, well I've tried many things, always searching for that fulfilment, learning from mistakes and achievements. I've always looked for peace of mind and harmony in life, and with an ex husband who buys the kids expensive presents it's been a long hard battle. The kids don't mind as they get to experience both sides of life – it's poor old Mum who suffers.

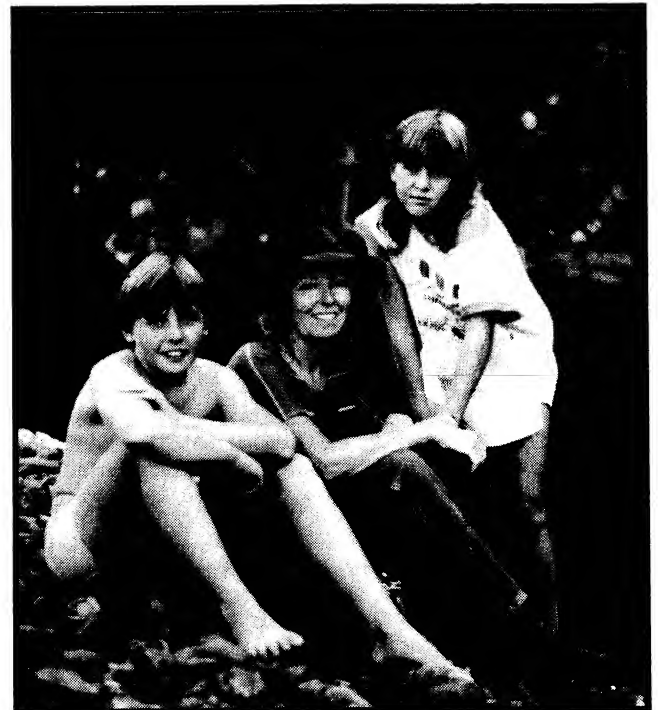
My life has been without purpose or meaning for some time, so I decided to get off my butt and do something about it. A little 'quote' I picked up a couple of years ago from a friend says what I feel:

#### WORKING AT ANY AGE

*One can live magnificently in this world  
If one knows how to work and how to love  
To work for the person one loves  
And to love one's work.*

I had an inspiration just 12 months ago (these inspirations

of mine occur often, but don't always mature). Like many *Grass Roots* readers I'm interested in doing lots of crafts, so I went 'the whole hog' and entered my work in the local show last year. To my amazement my exhibits were very successful. I was also amazed at all the talented local people we had in our area, whose work only came out on show once a year.



An old shot of Sandra with children Scott and Kim.



The gallery has plenty of space for attractive displays of work produced for sale by local craftspeople – anything from pickles to babywear.

It wasn't till 3 months later that I started to plan to open a gallery and craft centre. I managed to rent an old shop in our local village, which used to be a butcher shop, and within 11 weeks of smooth planning, good will from my bank manager, family and friends, and of course the wonderful craftspeople, The Bushman's Gallery and Crafts was opened just a year ago.

I started by approaching 8 different craftspeople – artists, cottage crafters, woodturners, potters, blacksmith – and local historians and put together a great display of arts and crafts, and local history. Now we have 60 craftspeople with their craft for sale in the gallery, with most of the work on consignment i.e. we display the work for the various craftspeople and receive commission on sales. This arrangement has advantages for both parties – I don't have a lot of money tied up in unsold stock, and the artists and artisans don't have to pay any fees until their work is sold. I've also tried to create a centre for craft classes, which take place in our School of Arts Hall. Patchwork Quilting and Cottage Craft were successful and Art is now taking place. Hopefully when enrolments increase we can hold a pottery workshop; spinning and macrame classes should be popular too.

This venture has been a great personal achievement and a boost to my self-confidence. I've not only helped myself by selling my wares, I've helped others as well, and met some



Authentic touches of bushland have been introduced to create an effective backdrop for the work of several district potters.

lovely people too. Advertising has been through local papers and homemade brochures. I also have tourist information for travellers.

It's been tough, but I wanted to do it. I'd like to see more people coming through and stopping so I've now approached the tour bus companies, introducing my small business and also offering Devonshire teas, prepared by our local ladies, and a ploughman's lunch put on by the Farmers Hotel – by bookings only. I'm still as poor as when I started but satisfied with what I've achieved.

Where do I go from here? Well, I'm a dreamer and I have something in the pipeline already which involves a lot of groundwork; this one could take a year to plan. Another quote from a dear friend explains my attitude.


#### *DREAMS*

*Hold fast to dreams  
For if dreams die  
Life is a broken-winged bird  
That cannot fly.*

*Hold fast to dreams  
For when dreams go  
Life is a barren field  
Frozen with snow.*

I just thought other readers might be interested in knowing about my little venture. It's been a tough road during the years and isn't over yet. I've created a job that I love doing, it helps us to survive. I've talked mainly about me, but the rest of the family has been involved too. My children are supportive, they have their friends, music, motor bike, horses and schooling—in that order. The transition through adolescence isn't easy these days, so Mum has to hang on to her sanity!

## BUSHMAN'S GALLERY



*at Brookers Butcher Shop Vacy.*

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Variety of Cottage Craft  
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### MORE RADIATION FOUND

The hole in the ozone layer over the Antarctic is allowing more cancer-causing ultraviolet radiation to filter down to ground level as it grows in size, the US National Science Foundation has said. It said two scientists of the University of Chicago had found through actual measurements that the ozone hole appears to let in more of the radiation the larger it gets. 'This is the first finding linking a substantial increase in ultraviolet radiation on the ground to the ozone hole,' Mr John Frederick, who is a geo-physicist at the University, said. Ultraviolet radiation is known to cause skin cancer and also can kill marine phytoplankton, the freely drifting microscopic, plant-like organisms that live in the polar waters and form the base of the Antarctic food chain. A team of scientists led by the US National Aeronautics and Space Administration (NASA) recently uncovered evidence that the ozone layer was also thinning over the Arctic.

Reprinted from *Consumer Currents* May, 1989, IOCU, P.O. Box 1045, 10830 Penang, Malaysia.

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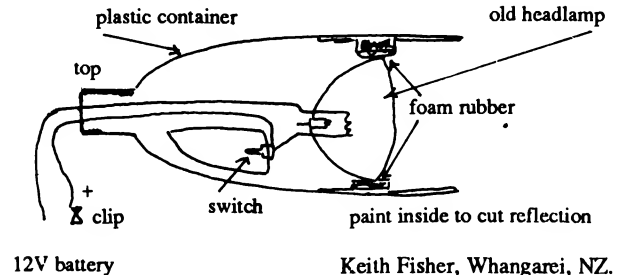
### HANDY HINT

Glass shelving and table tops can be inexpensively cleaned by wiping with a mixture of vinegar and water. Fine scratches can be removed using a metal polish on cotton wadding. Rub around in small circles and rinse off.

## HANDYPERSON'S HINTS

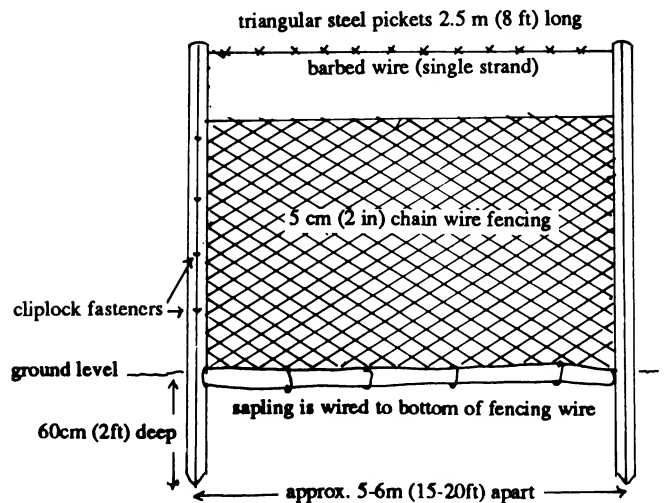
### CHEAP SPOT LAMP

Cut the bottom out of a 4.5 l (1 gal) plastic container and use a headlamp from a car that has four small round headlamps. The outer headlamp on these cars has 2 filaments, one for high beam and one for low beam – if one has 'blown' on a car it is of no use for driving but can be glued inside the container using a thin strip of foam rubber to absorb the bumps and fill up the gap. A switch is optional. Don't forget to attach the wires onto the right terminals for your 12V battery first.



### KEEPING GOATS FENCED IN

Here is an example of a typical portion of fencing we found effective for keeping goats in on a farm we had. This method is comparatively cheap as the steel pickets can be obtained in relatively good condition second hand and the saplings/logs are an effective deterrent against the goats lifting up the wire.



Paul Mugridge, Cleveland, Qld.

### PESKY RODENTS

Do you have mice in your rice or rats in your hats? Don't know how to get rid of them? The good old fashioned mousetrap is still the best. Set with a pumpkin seed, bit of hard cheese or even a piece of bacon rind, and if these feed your rodents rather than fool them, a little butter or margarine spread onto the trap is unbeatable. And the bodies? Tremendous success is obtained by placing a body in herb or flower pots before transplanting. If the above doesn't appeal to your sensibilities and you'd prefer not to kill them, bushes of peppermint, spearmint and pennyroyal grown around the house are said to repel them.



# CHOOKS AND GARDENS CAN MIX

by Ken Robertson, Edmonton, Qld.

So you are thinking of growing a vegie garden and keeping a few chooks? Great – fresh eggs and vegies. However, you will need to fence either the garden or the chooks. If you don't fence the garden the chooks will eat it. You also will have to fence the chooks in or you won't find the eggs until they hatch.

Solution? Combine the two by fencing the poultry and gardens together. By fencing the chooks into the garden so that the garden may be used or picked and scratched over you will achieve best use of your land.

Grow the garden in two sections while the poultry are on the other two (diagram 1). This gives rotation and also fertilises the garden. When you're ready to start the next garden it will be fertile and not have any weeds in it. The chooks will also recycle any scraps given to them, thus relieving you of the necessity of having a compost heap. A good cement floor in the shed will allow it to be cleaned and the droppings used on other fruit trees or flower gardens. If your poultry is penned until midday you will not have to search for their eggs. They will free range for the rest of the day until roosting.

Diagram 1. The basic plan.

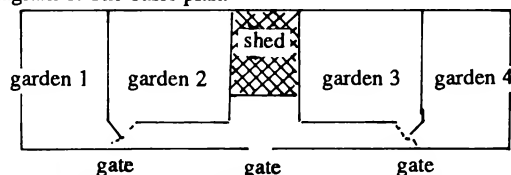
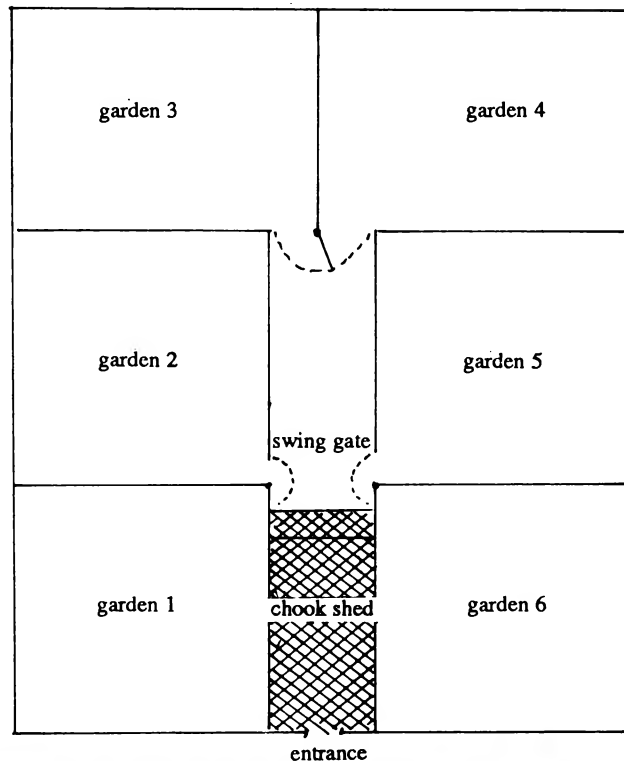


Diagram 2. Extended plan for a larger block.



A rotating yard system is the closest to free ranging as you can ensure the birds have pickings all the time. It doesn't take long for a few hens to clean out a yard, as evidenced in the background, but this can be closed up and the birds let out to another one.



Everything is growing abundantly in our garden, including Vivian, who is expecting around now. We find the soil rich and friable and garden pests minimal, just two of the pluses from our integrated garden-poultry system.



A view of the chook house and path which leads to several fowl yards/gardens. Because all Leghorn crossbreeds can fly easily, a high fence is a necessity.

This principle can be used for two gardens on limited land. Best results would be obtained by dividing the area into 6 smaller gardens so that you have gardens in different stages of development e.g. 1 starting, 1 almost ready, 1 almost finished (see diagram 2). One may be used for at least 2 years for herbs and perennials. This would be practical for someone on a larger block of land or acreage.

If living in the tropics try to have a garden that is shaded in summer, particularly in the afternoon. Happy gardening and less work will be your reward.

#### **HANDY HINT**

A stubborn screwtop lid will be loosened if covered with a cloth and tapped with a wooden spoon.

R McKenzie, Karratha, WA.

# HOME BUILDING IN THE FORTIES

## When Even Getting The Materials Was Hard Work

by Chrys Russell, East Burwood, Vic.

Looking for a house? Thought of building your own? Take the advice Punch gave 'to a young man about to marry – don't!' The idea seems attractive – cheaper than paying a builder, and what fun it will be seeing your dreams translated into bricks and tiles. Wait! You will need physical and mental endurance, infinite patience and a sense of humour.

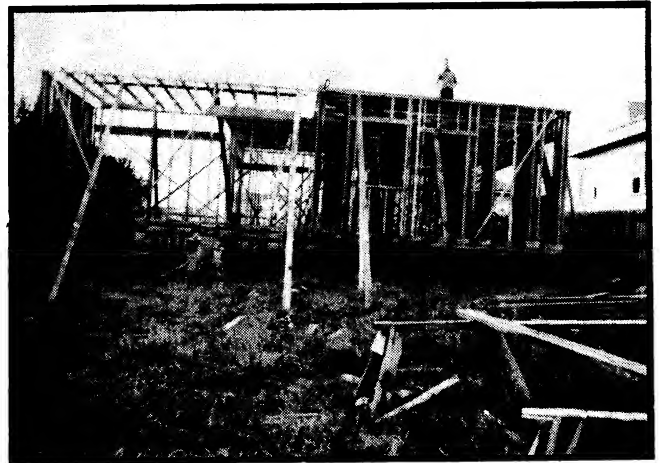
I speak from experience. In 1948 my husband Ted and I, with two small sons, lived in a tiny flat with no place for the boys to play. We felt desperate but each time we went house-hunting we were sadly deflated. Post-war inflation and returning servicemen had created such a demand that prices had sky-rocketed. We inspected many but Ted found faults with all of them. I was impatient with such a perfectionist but realised he was right. We would need War Service Home finance so must have a well-constructed house.

We decided to build our own. Ted had some experience as an amateur carpenter, and surely a home wouldn't be much more difficult than a chook-house. We bought a block of land; that was the easy part. It had to be reasonably near our flat, as we had a lot of travelling to do. Little did we realise how much. We didn't own a car; each precious penny had to go towards the house. Ted rode his bike to the site, while the boys and I walked and bused.

An architect was essential, to incorporate our ideas into a plan that complied with Council, Public Works and other regulations; otherwise we risked demolition. I had a number of glossy magazines with plans and elevations that I admired. He came to see us, swept the magazines aside and said, 'What sort of house do you want?' We talked it over then he went to inspect the land. My idea of a gallery with two wings had to go; the site sloped, so was expensive to build on. Finally he produced plans and we pored over them. I tried to imagine walking in the front door; what would I see?

We ordered materials. In 1948, sufficient bricks for a house were on a two year delay. That didn't matter. The architect had recommended a white timber house; he didn't tell us it had to be painted every few years. We ordered enough bricks (nine months delay) for a flower-box and porch, and were ready to start. Or so we thought. Today there is no shortage of materials, but in 1948 all were scarce. Cement was to be had only one precious bag at a time. I remember that to buy nails I walked from one hardware store to another, buying one pound (weight i.e. 450 g) at each shop, to carry them home triumphantly.

We did much of the work ourselves, but the help of a professional carpenter was needed for the frame, cupboards and other tricky bits. We used sub-contractors for electricity, plumbing, tiling, and so on. With no knowledge of building I did the labouring jobs, such as picking up the broken tiles that the tiler had thrown from the roof; these made a foundation for our front porch. The boys helped with this, though they preferred to copy Dad and nail bits of wood together, with somewhat odd results. In ex-Army fashion, I gave myself the title of TUUBL – Temporary Unpaid Unskilled Builder's



Above: Early days of construction – with husband Ted on the roof.  
Below: A later stage, taken from the front. What we thought would be a few months hard work extended to become two years, and although much remained to be done when we moved in, we were finally in our own home.



Labourer. Recently I passed a building where monster machines poured concrete. I remembered turning a mixer by hand.

One Sunday Ted asked me to saw some weatherboards into pieces about 5 cm (2 in) square, to go under the lowest boards. Never before had I used anything more lethal than an egg beater, but he assured me it was easy and blithely showed me how. Three nerve-wracking hours later, I was astonished to find that I still had all my fingers, as well as over a hundred small wooden squares. Carefully I stacked them in the shed. Next Saturday they had all gone. The plumber had come during the week and used them for a fire to boil his billy!

I tackled another dangerous job – punching the nail heads into the weatherboards so that they could be puttied over and painted. Ted showed me – just grasp the punch in the left hand and give it a smart bang with the hammer. Half an hour of this resulted in frustration and bruised fingers. I stood back and told that punch just what I thought of it, in lurid Australian. I heard

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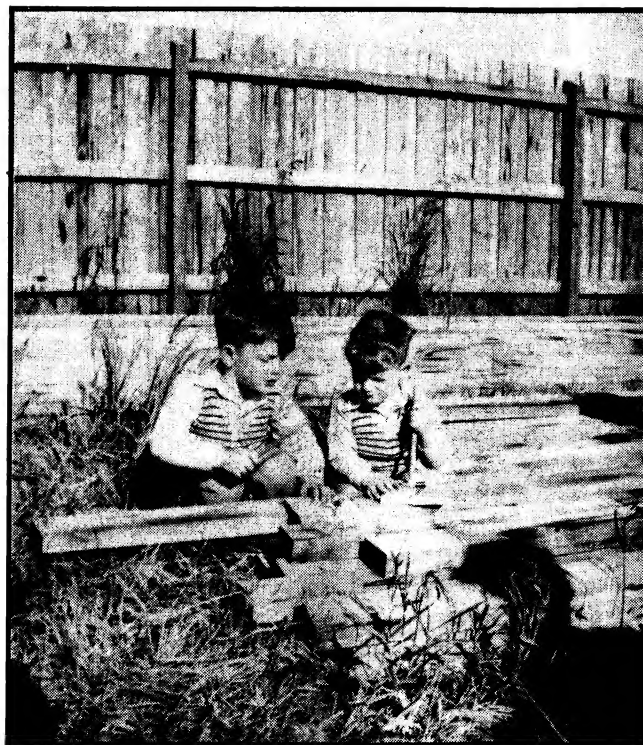
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Sons Ted and John played 'carpenters' for hours amongst the timber and off cuts.

startled gasps behind me and found I had been overheard by my neighbour and her friends, at afternoon tea. She did speak to me again, which showed her forgiving nature.

I learnt to paint the house, inside and out. Again Ted demonstrated - 'Keep it thin or air bubbles will form and break'. Just as I was admiring my brushwork he would suddenly appear - 'Scrape it off, it's too thick.' I scraped. For as long as possible, I postponed painting the western side of the house, where the ground sloped away sharply and the wall looked a mile high. I dreaded ascending a long ladder swaying in the wind, as I clutched paint and brush in one hand and clung to a rung with the other. Young son John put me to shame, running up and down the ladder like a monkey. I took a deep breath and climbed and survived.

A big advantage of being your own builder is that the plan can be altered without reference to a contract. However carefully you study a plan, it is only in the materialisation that you can find its defects. We realised our pantry and broom cupboards should be interchanged, the patio would be swept by westerly winds, built-in shelves in the lounge would be too restricting. We altered them. What we thought would take a few months became two years. The last weeks were hectic - the floors couldn't be sanded until the tiler had fixed the bathroom; the tiler couldn't come until the plumber had finished; the plumber had to go to a funeral, and so on.

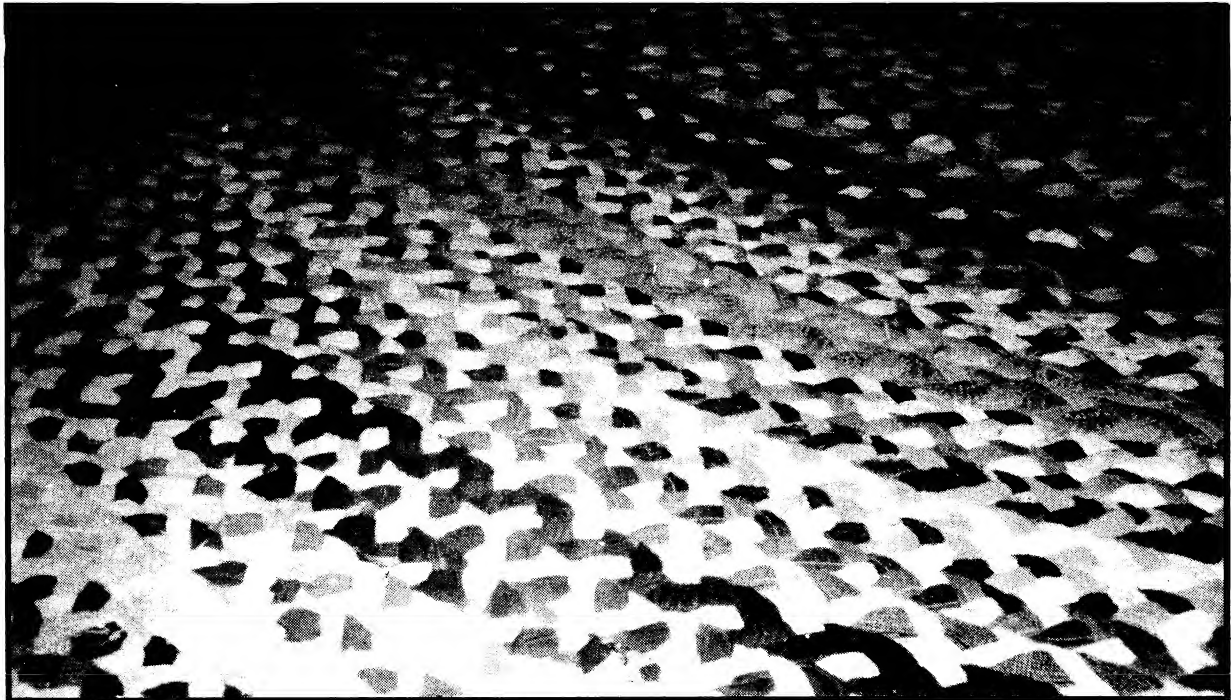
After two years of working every weekend and holiday, we finally moved in. The place was a mess - my linen cupboard was a pile of cartons, our lounge was Ted's workshop. We had neither curtains nor carpets and very little furniture. But we were happy. Although much had still to be done, we were in our home. It had been a rugged journey but there was great satisfaction in what we had achieved.

But don't say I didn't warn you!



# More on Braided Rugs

by Jan South, St. Arnaud, Vic.



A closeup of Jan's remarkable braided carpet. It is much nicer and more effective than the photo indicates.

I read the second part of the 'Rag Rugs' series (GR 68) with great interest. I was particularly interested in Amy Gifford's braided rugs, as I have a great deal of experience of braiding rugs. I have braided rug carpets in three rooms of our home.

It all began about 25 years ago, when the carpet in the lounge became more holes than carpet. We were reluctant to spend our money to buy a floor covering for a house that was not our own. Luckily I had been saving woollen rags for a long time, meaning to make a hooked rug on a canvas base, but something happened and I just started braiding, more or less by accident. I started with an oval shape and it just kept growing. When I had a supply of rags I braided, and when I did not have suitable material the mat lay in the centre of the lounge floor with the end on which I was working, held with a safety pin, tucked under the mat out of sight.

Eventually, the day came when the mat reached the walls. I concentrated in filling each corner in separately. The area around the fire place had to be carefully fitted. The fitted wall to wall carpet in the lounge measured 6.4 x 4.9 m (21 x 16 ft).

The living room carpet was done in the same way, then I proceeded down a passage, then into a hallway. When each mat became large I used to sit cross legged on the mat with the side that I was stitching folded back over my knees. I used a sailmakers tri-pointed needle threaded with a linen thread. The linen proved to be more durable than the woollen thread which I used initially. (The same linen thread is used for warping looms). My mats were stitched together in much the same way as Amy Gifford laced her mat together.

Even though my friends thought that I was crazy they still contributed to the cause. They gave me their old rags to sort

through. My carpets consist of holey work socks, cream longjohns, the old cream blankets that my grandmother had when she married, shrunken jumpers and paint splattered skirts.

In time I found there was a knack to cutting the rags. I cut jumpers around the body in the longest continuous strip possible, the sleeves were also cut round and round into long strips. Even socks that had been darned to the limit proved useful when cut in a spiral to the heel, then the holey heel patch cut out and the spiral cutting continued down to the toe. Braid made with socks or other stretchy material is most suitable for the fiddly places such as doors and fireplaces.

I cut the strips in varying widths according to the thickness of the material, somewhere between 5 and 7.5 cm (2-3 in) wide. The thin material is cut wider than the thicker material so that when the raw edges are folded in and the strip is folded in the middle, all the strips will be the same thickness. I found that it was quicker to machine down the folded strips than to braid them in their folded state. My trusty old Singer is still doing great service after all those miles of seams.

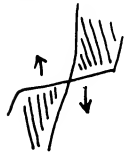
I aimed to have an all-over effect so I tried to have one strip of the braid neutral, the second in green tonings, and the third in browns. I too 'rhythm braided', by always pulling the shortest strip right through to prevent tangling. I did not know that it was a named method until I read about it in *Grass Roots*.

The carpets are hard wearing and they look good with old fashioned furniture. Our visitors come and try to find their contributions on our floor. All this has been completed for a number of years now. I have quite a collection of rags again, so who knows, maybe I will start again some day?

# SHARPENING SCISSORS

A hundred years ago, itinerant travellers earned a meagre living through scissor and knife sharpening. The time may come when such a skill would once again provide a living, especially in this age of getting someone else to do even basic jobs. You will find that sharpening is worth learning, even if only to save yourself money.

Scissor sharpening is not difficult once you understand the principle underlying the scissors' cutting action. Scissors do not cut, in the sense that a knife cuts, or a saw cuts. Knives cut by a slicing action; saws cut by either a slicing or chiseling action (depending upon whether the saw is a cross-cut or rip saw). Scissors cut by shearing! In simple terms one blade moves against the other fixed blade and shears through the article between the two blades.

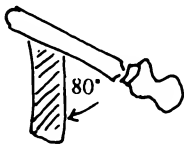


In this instance then, a pair of scissor blades are sharp at the touching edges. Sharpness is defined by the fact that the edges should be fine and not rounded over or gapped. Moreover, scissor blades are slightly curved, so that the

edges bear against each other over the length of the cut. In addition, the blades are hollow ground, so that the only point of contact is the shearing edge where the two blades cross. To sharpen scissors properly, it is necessary that these factors should be fully understood. I would suggest that a new pair of scissors be inspected to observe this, so that you can duplicate these points on the blunt blades.



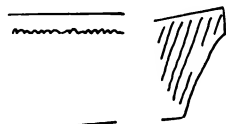
exaggerated view of curve



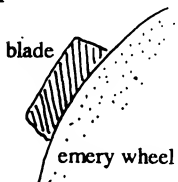
To sharpen scissors you may use either an emery wheel or a file – whichever is to hand on the occasion. Hold the scissor blade securely, preferably in a vice fitted with 'soft jaws' (two plates of aluminium or similar soft metal across the vice teeth to protect the scissor handle) and file

lightly at an angle of 75-80 degrees from the perpendicular, across the blade toward the cutting edge, until a fresh facet has been produced for the length of the blade.

If the scissors are badly worn on the inside of the blades (and this will be shown by a shiny patch below the cutting edge) it will be necessary to dismantle the blades by removing the screw or rivet on which the blades pivot.



elevation e.elev.

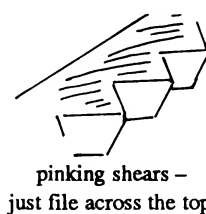
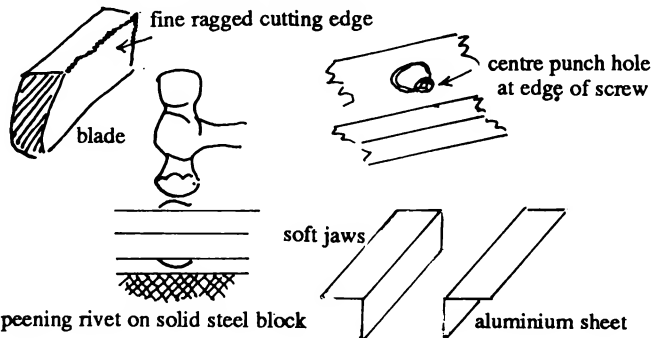


Next, carefully run the blades, individually, across an emery wheel. You can't do this step with a file, though I guess you could do it with an oilstone slip if you had a lot of time. This will renew the hollow ground facet.

If there is a ragged edge left after the grinding and filing, it should be left unless it is too coarse. Under those circumstances lightly file with a fine file. Don't remove the burr with an oilstone as the cutting action is not as satisfactory. Scissors work best with a fine but ragged cutting edge.

Another point to check is that the screw (or rivet) is tight

enough to maintain the contact between the cutting edges over the length of the blade. If the rivet is too tight the scissors will bind and they will be difficult to use. If too loose then they won't cut. With riveted blades be careful and use a light hammer – preferably a ball-peen hammer and use the ball. You will often find that just one light hammer blow will be the difference between too loose and just tight enough. When blades have been screwed together and the right degree of friction attained, the screw can be locked by punching with a centre-punch between the edge of the screw and the scissor.



Finally, remember that the shearing action is not restricted just to scissors. The same action is utilised by shears, tin snips, guillotines and metal shears. The same principles apply, even though the tools may be much larger and rely more upon grinding than filing.

Reprinted from *F & T Journal*, Vol. 1 No 2, September 1981, PO Box 11, Dickson 2602.

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# GROWING COFFEE

by Colin Westwood, Uki, NSW.

The key to successful backyard farming is to produce things that you really enjoy, with a minimum of fuss. I'm sure that most people reading this are fellow coffee addicts. Well the good news is that coffee is from an easily grown, hardy bush.

The beans are easily propagated in a good rich potting mix placed in a shaded, sheltered area. Cuttings taken from any vertical growth are easily struck. Avoid laterals when seeking planting material as these will not form a well shaped bush. The first harvest should be about three years from planting out.

The secret of success in frost prone areas is to grow coffee under several larger trees. Nitrogen fixing species are most suitable. In a cooler climate such as Melbourne, *Vagillia capensis*, a common backyard tree, would be an excellent companion. Any of the Leguminosae family of trees will be suitable however, other fine companion plants being leucaena, albizzia, casuarina or cassia.

Coffee does well in fairly acid soil, so mulch and manure or seaweed should suffice as a growth stimulant. Prune the bush when it has reached head height, for ease of harvesting, and plant the cuttings if more plants are needed.

Harvesting can begin when the beans are bright red. Pick the beans individually into a bucket or bag. The beans may now be squeezed from the berries between the fingers and washed well. Return the pulp to the garden or compost heap.

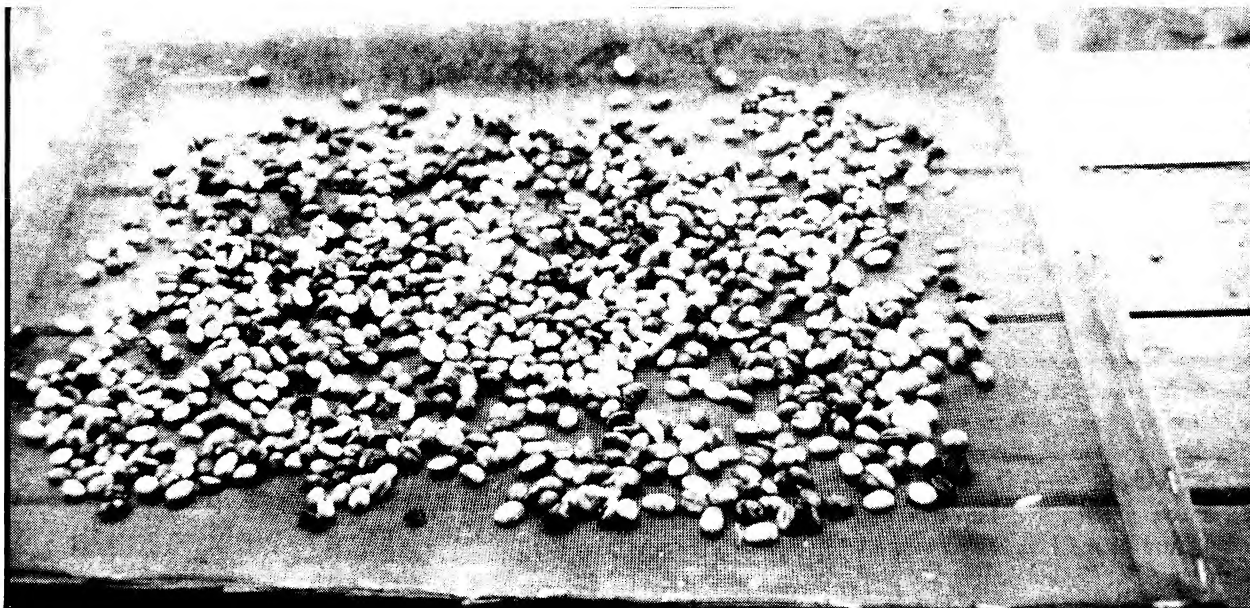
The washed beans should now be air dried, preferably for several weeks. Fly wire window screens or doors make excellent drying racks. Place these under a shed roof or close to the ceiling for best results. When thoroughly dry, the beans are placed into a bucket and pounded with a hefty piece of wood, to break the papery layer that covers the beans. This is then easily removed by winnowing: tossing the beans in a strong



The coffee tree is an evergreen shrub that grows to a height of approx 4.5 m (15 ft). Leaves are a dark, shiny green, lance shaped and grow in pairs opposite each other.



Left: Berries on a coffee tree ready for harvesting. Over the six month ripening period they change colour from dark green through to yellow and then a purple red. Right: Beans undergoing processing to remove the papery layer following thorough drying.



The fruit pulp has been removed from the beans and they're spread out over the flywire drying rack.

breeze, or in front of an electric fan or vacuum cleaner exhaust. A good set of lungs will do at a pinch.

With the papery covering removed, enough beans for immediate use may be roasted by using a frying pan or skillet with a well fitting lid. By shaking the beans over a medium flame they will be roasted quickly and evenly. When the beans become a dark brown colour and begin to take on a glossy appearance, they are ready to be ground. This can be achieved with a hand powered meat mincer, using the finer attachment

and lots of brute force, or a quick whizz in a blender will do the trick. Proceed as with normal percolator coffee. I generally pour boiling water into a jug, stir the coffee vigorously and then allow it to settle before carefully pouring through a fine meshed strainer. A labour of love perhaps but the freshest, tastiest coffee that you'll ever taste.

If anyone would like a few beans of *Coffea arabica* to try growing, send me an SAE and I'll gladly send you a few. The address is C/Post Office, Uki 2484.

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# HOME BIRTH

## A DOUBLE BLESSING

by Anne Oberin, Ringwood, Vic.

Overjoyed that I was pregnant once again in 1981, my husband and I began to discuss where this precious babe would be born. I had two healthy children (Rebekah 7, Hayden 3) who had been born in large maternity hospitals in Melbourne. My background is conservative middle class, overlaid with years of not questioning the medical profession because I had worked in it! Our hospital experiences had not been very satisfactory. There was unnecessary and unwanted intervention during the first birth with resulting complications. This baby, Rebekah, was then infected with a life threatening hospital virus that was doing the rounds of the maternity hospitals that summer, and we had to leave her in intensive care for several weeks before she recovered and was able to come home.

Our second baby, Hayden, was born quickly and without any sort of intervention at all, but both the births and after care were clinical and often handled by the staff without any caring support at all. I believe birth has a profound but perhaps intangible effect on the family – a very traumatic or badly handled birth can affect the whole life of the baby and lead to severe parenting problems. We felt that the baby and the parents should be treated with more respect than we had been able to find in either hospital. We began to explore alternatives.

Our first choice was a Birth Centre in Melbourne, but we were told upon enquiring that I was not eligible because of previous uterine haemorrhage that had happened during, and only as a complication of, miscarriage. My doctor at the time felt this was not relevant in view of the two normal deliveries, but there was no give and take with the rules.

We began to look at literature about homebirths and to find as many statistics as possible. We decided that for us a homebirth could be an option and set about finding a doctor to discuss the possibility with. We met and liked Dr Peter and began to explore our feelings about what we wanted for this baby's birth. For us there was no expectation of quietly giving birth at home by ourselves as some do. Dr Peter covered many areas in our discussions, such as the fact that we were within 10 minutes drive of a maternity hospital that would accept our booking in case of an emergency, and that we would have our own trained midwife during the pregnancy, labour and postpartum period, and that all would be overseen by Dr Peter who had considerable emergency equipment and a transport vehicle in case of complications. We had already been using a homoeopath in conjunction with a sympathetic doctor and Dr Peter was happy to continue this. He counselled us in what to expect if there were any complications and about our responsibilities both in preparing for and during the birth.

Some people think that the decision to have a baby at home is taken lightly and with little thought. I believe it is taken with deep and heartfelt caring. I also honestly believe from my hospital experiences and my reading that medically supervised homebirth is safer than hospital birth. There were many things to prepare – I feel that homebirth parents have more 'work' to do because of their choice, but the feelings of responsibility to the new life, control over the pregnancy, labour and postpartum period, and the respect and love that developed between the professionals who cared so much about us and our family far outweighed any negatives.



Anne in labour amidst family and midwives – a room full of support and love.



The Oberin family – Anne, Colin, Rebekah holding Dante', Ptolemy (on left) and Hayden.

We chose our midwife, who always tried to call when my children were at home. We were told of the things we had to buy and do in preparation for the birth and always tried to do them as a family – going to birth preparation classes (we had decided to have the children at the birth); organising plastic sheets for the floor and bed; preparing hot washed, sun dried sheets and towels; cooking double quantity meals and freezing half for after the birth; and towards the end of the pregnancy preparing the crib and clothing for the tiny babe – not that he got into the crib at all!

We decided to give birth in the sunny, warm lounge room. A close friend had agreed to be a support person to the children so that if either of them wanted to go out or was disturbed at all there was a person not involved in the birth to love and support them unconditionally. We also asked my mother to be with us as she had been given general anaesthesia for both her births (as was the custom then) and had never seen a baby born. My father came over as soon as little Ptolemy was born and it seemed so silly after the event that I had been too shy to ask him to be with us too (next time around in 1986 he was unbelievably proud to be present at the birth of little Dante).

By the time I went into labour I felt totally prepared and comfortable with our decision to have our baby at home. The midwives and Dr Peter closely monitored my progress and the baby's heartbeat, and encouraged me constantly – Colin and I were never alone unless we felt we needed a little private time. I will never forget how loved they made us feel and that this love gave me great courage and strength in my birthing. Ptolemy was quietly

ushered into the world in his own good time and Colin cut the cord some time later. It wasn't like a birth in the accepted sense – we were in our own home with the whole family present and as my mother said the next day, 'It doesn't seem as if he has been born, it seems as if he has just always been here.'

I have not with either homebirth suffered 'third day blues' and wonder if they are a product of being in hospital as much as a result of birth. My babies have also been allowed unlimited suckling at the breast which has brought the milk in much earlier than in a hospital situation, and has also markedly reduced the usual breast discomfort to just a couple of days – the short, if very frequent feeds also seem kinder on nipples. We have noticed that none of the children has ever been jealous of the new baby either immediately or at a later date, a problem I have heard discussed often by others.

After Ptolemy's birth Colin got very tired physically and emotionally looking after the children, the housework, the new mother and baby, and I found that I got up and began to take over some of the work well before I should have. We realised that we hadn't organised much help because we are a very happy, self-contained family and just assumed that we would manage. Second time around we were much more organised and asked for friends' help with chores and the other children so that we could have occasional restful quiet times with just the two of us and the baby – it was hard to even get to hold him when the children were all at home. We worked out that he was never put down alone for even a few minutes during the first several weeks of his life, and our children could often be seen visiting friends in the neighbourhood with little brother sleeping in our Joyride sling!

I have deep respect for the professionals who attend homebirths. They give far more time before, during and after the labour than is usual and their emotional support to all concerned is extraordinary. I believe that the midwife should be trained and licensed to deliver



Hayden and Dante', aged 12 weeks off for a visit in the Joyride sling.

babies by herself. I loved and valued Dr Peter's guidance and presence but I know that many women would like to labour with just women present and I feel strongly that they have a right to their choice.

Unfortunately there is no Medicare rebate for homebirth, and therefore it is often far too expensive for many people. This seems ridiculous in view of the many hundreds of dollars that it costs the government for a woman to deliver and stay in hospital. I feel that it is worth asking questions and exploring the option even if you think it may be too expensive— perhaps you will find a way to realise your wishes. Colin and I took out 'alternative medicine' coverage with a private company second time around, which was costly but helped tremendously with the birth expenses.

Having coped with four miscarriages along the way, we feel very blessed to have given birth to each of our children, but we know we, our children, and our babies were doubly blessed to have experienced birth at home.



## WAX FINISH FOR WOOD SURFACES

Mix roughly equal parts of natural beeswax with 'real' turps in the top of a double boiler and heat till the wax melts. Let it stand to harden again slightly (it should look like crumbly cheese) then scoop some up on a soft cloth and rub it over the wood as evenly as possible. When dry, polish with a series of soft lint free rags. Work across the grain with short quick strokes and then along the grain with long even strokes. As the rags become hard and stiff discard them. Rub until your arms ache. The first coat of wax should largely disappear into the grain of wood. When you have got your breath back, repeat the whole process. Polish till all tackiness disappears. Do this three or four times, till you have developed that mellow sheen characteristic of waxing. Finish by brushing long and lovingly with a very soft brush, and your piece will glow like a thoroughbred's rump.

For a protective finish which will not darken the blondness of natural or stripped and sanded pine or deal, use bleached beeswax melted in a little real turps. Bleached beeswax can be obtained from any good chemist. Add approx. one tbsp turps to one cake of wax. This treatment gives a soft sheen, a tone or so darker than the untreated wood but with no yellowing. It is good for kitchen tables which you can't spare the time to scrub every day. Wax gives a surprisingly tough finish.

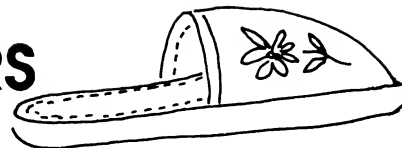
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## SIMPLE SLIPPERS



These indoor fabric slippers are very easy to make, requiring inexpensive and easy-to-find materials, and have the added advantage of allowing you to create designs and blend colours and fabrics to suit your preferences.

### MATERIALS

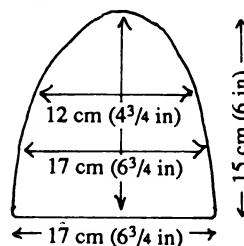
To make the slippers you will need:

- 100 cm (39 in) of 115 cm (45 in) wide feature fabric such as floral or plain cotton or synthetic satin – which in particular, gives an attractive shiny appearance to the slipper;
- 50 cm (20 in) of synthetic wadding (available from craft shops) or similar thick material suitable for padding the slipper;
- some scrap pieces of iron-on interfacing;
- bias binding or fabric strips cut on the bias in a colour to match or contrast with the feature fabric.

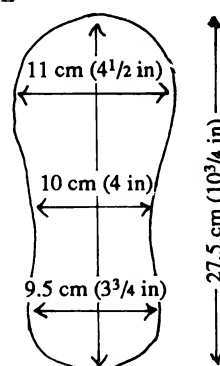
### PUTTING TOGETHER

Using the accompanying diagram as a guide, cut from the feature fabric four soles and four uppers. From the thick material (wadding) cut six soles and four uppers.

UPPER



SOLE

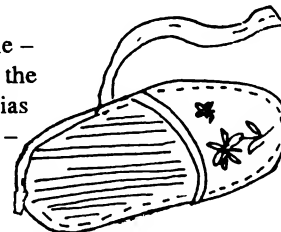


Measurements are for size 8 ladies fitting.  
Increase or decrease where necessary.

To assemble the sole, roughly tack together, in the following order: one piece of the sole (cut from the feature fabric); three layers of the thick material (wadding); and another sole (which becomes the inner sole).

Then reinforce one piece of the uppers cut from the feature fabric by applying iron-on facing. Any decorative features you would like (such as applique, beads or embroidery) should also be applied at this stage of the slipper-making process. Next, tack together the uppers (decorated to your preference), two pieces of uppers cut from the thick material (wadding), and another piece cut from the feature fabric. Apply bias binding to the straight edge of the upper.

Then tack the upper to the sole – raw edge to raw edge. Starting at the centre back of the slipper apply bias binding to the edge of the slipper – incorporating the upper and sole.



Reprinted from *New Age Times*, May-June 1987, a newspaper about New Age philosophy, self-sufficiency and self awareness (no longer in publication).

# Enlarging a Track-Suit

by Lyn Weller, Fernvale, Qld.

Recycling of anything that has been or still is useful is vitally important if we believe in saving resources and money wherever possible.

When the kids have outgrown a track-suit which is still otherwise good, here's how to get a couple more seasons wear from it. The same idea can also be used for sweat shirts of fleecy material, and even summer T-shirts. I enlarged a track-suit of my daughter's (size 10) to fit myself (size 16), as she didn't like it anymore, so you have virtually no limitations about how far you can go in size.

The first and most important step is to psyche yourself in being quite ruthless with the scissors! You will finish up with a lot of pieces, and feel as if you are doing a jigsaw! Don't let this faze you, as you have nothing to lose anyway. Take the top and cut off the band at the waist. Then cut up the side seams and cut the sleeves out at the arm holes. I'll illustrate for set-in sleeves, but the idea is OK for raglan as well. Just follow the original seam line. If the material is stretch knit, it shouldn't fray at the edges. However, if it looks as if it is going to, the next step is to zig-zag around each of the pieces.

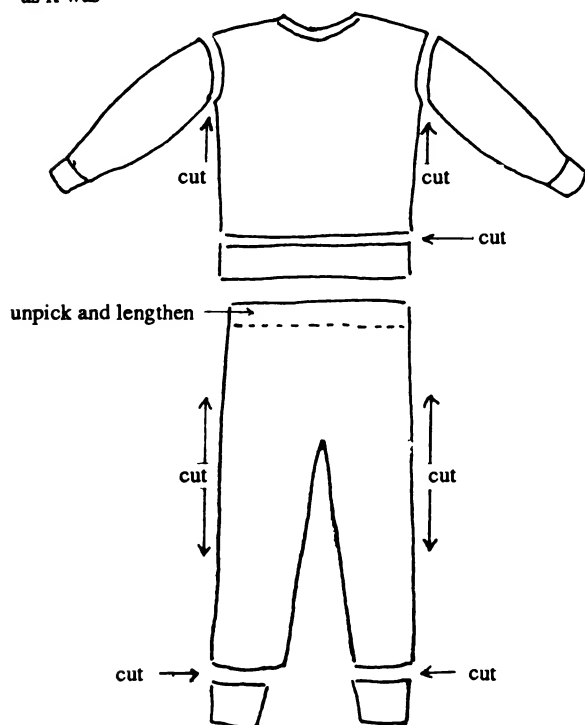
Now take some strips of contrasting material. If you have done stretch sewing in the past, you may have enough scraps to use here. You will have to determine the size according to how much you want it enlarged. Remember that it's better to be too big than too small. Sew these strips into the sides and between the sleeves and armholes. You'll have to cut a bit of an angle at the underarms, but it's not imperative that it be an exact fit here. By adding a piece at the top of the sleeves, you may not have to make them wider as you have moved it down

the arms. If you need to widen the sleeves, follow the same directions as for the pants legs.

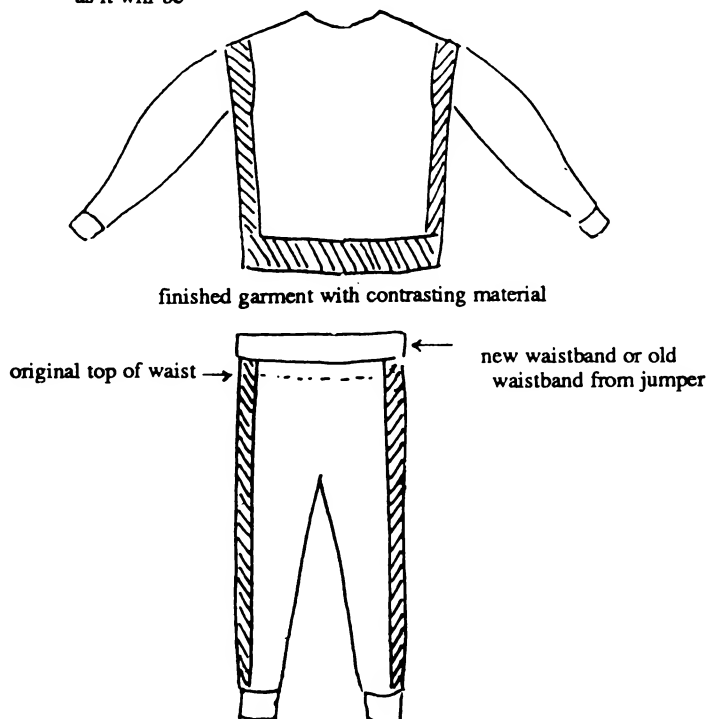
Knit material has more stretch in one direction than the other. This is usually (but not always) across the width of the material on the roll when you buy it. It's easily determined by pulling the material in each direction lengthwise and widthways. We'll call this the 'maximum stretch'. It is better to cut the pieces you are adding so that the maximum stretch runs around the body and you are not thereby restricting movement as you pull the garment on and off. However, this does require that you buy a lot more material e.g. you would have to buy a length of material which is the same as the length of the leg for the pants. In this case, where you still have the majority of the garment running the correct way, it may be alright to cut the strips from the material's width, and then you would not need to buy nearly as much. However, if there is not much stretch in the original material, you will have to do it the other way.

The garments I have done have not needed to have the neck enlarged, but if you can't pull it over the head easily, you will have to operate on that also. First cut the band off, then cut the neckline back further if necessary and measure around the hole. It's best to use ribbing for this as it has a lot more stretch than ordinary knit material, which will not sit flat around the neck. Whichever you use, it *must* be cut so that the maximum stretch runs along the length of the piece. Cut the piece so that it is twice the width you want the band to be, plus 12 mm ( $\frac{1}{2}$  in) for seams. If you are using ribbing, the length should be  $\frac{2}{3}$  the neck measurement of the garment, plus 12 mm ( $\frac{1}{2}$  in) for seams. If you are using ordinary knit material, the formula is  $\frac{3}{4}$

as it was



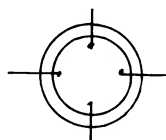
as it will be



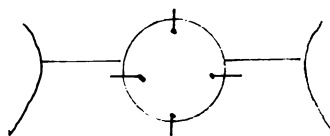


of the neck measurement plus seam. Sew the ends together so you have a circle, and slip this over the head to make sure it fits. Now fold it over so it's double thickness and still a circle shape. Place pins so you have it equally divided into quarters.

Do this also on the neck of the jumper (it won't fall exactly at the shoulder line). Pin the rib to the neckline on these four spots, so that you only have it pinned in four places. When you sew it, stretch the band and under material so that it fits exactly. If you sew slowly and carefully, you won't have any trouble. The ribbing needs to be stretched a lot more than the other material. Use a fairly small stitch, and then go around again in zigzag, stretching all the time, to give it more strength.



rib trim



neck of garment

The same procedure is used for the new waist band you will be making, but this need not necessarily be made from ribbing. It will just look a bit more sloppy if it isn't. Whichever you use, the maximum stretch must go around the body for the waistband. Make the length so it fits comfortably around the hips. I didn't need to alter the bands at the wrists and ankles, but you can do them also if you need to, following the same guidelines as for the neck. For a neat effect, they should also be done in rib material, which is purchased where you buy stretch-knit fabric. You won't need to buy very much of this, so it won't be expensive. Ask the assistants to help you work out how much you will need. They are always very obliging. The bands can be of a different colour, so don't worry if you can't get a good match. Be adventurous!

Now for the pants. One of the reasons we changed the waistband on the jumper was that we are now going to use the discarded piece from the top to give more length for the pants. Here's how it's done. Unpick the stitching around the top of the pants and remove the elastic. Cut off the bands at the bottom of the legs (if any) and cut in a straight line up the outer sides of each leg. There may not have been a seam here originally, so you are going to create one now! (If it had a stripe down the outside of the legs, you could remove it at this stage, and replace it with a larger, different one). Now add a piece of contrasting material up the sides as you did on the jumper. Use the old waistband from the jumper as a new band on the pants, and thread elastic through it, or make a new band if you wish. The idea is to replace the band so you are adding more length to the garment. As it's usually under a jumper or shirt, nobody is going to see what tricks you've used here. Replace the old bands at the ankles, or make new ones from ribbing, and there you are.

Believe me, it's a lot easier to do than to read or write about! As I said earlier, you have nothing to lose, so give it a go! You could even use the same principles in reverse to make a large one fit a smaller child. To use an old cliché, 'The possibilities are only limited by your imagination'.

### HANDY HINT

Try shaving cream as a spot remover. The foam really works. Wash up with water or club soda.



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**REGISTRATION FORMS SEND SAE BEFORE 30/8.**

# A LETTER FROM THE SUBURBS

by Maureen Power, Bell Post Hill, Vic.

It does feel a little odd to be writing an article for *Grass Roots* from the heart of suburbia, but here goes. I am writing because there *are* things that the average suburbanite can do to care for the earth.

Firstly in the garden you can establish native trees and flowers. These attract native birds and can provide a sanctuary for them. A birdbath helps too. Natives require much less water than exotics, and after all we are a water scarce country. A ten minute walk around the entire garden will keep natives alive even in the middle of summer. When we bought our house twelve years ago I planted a banksia and a bottlebrush in the bare front garden, and in the back a wattle and a gum tree (in the belief that an Aussie garden is incomplete without a gum tree).

There were already four fruit trees – apricot, peach, apple and a spindly thing which was allegedly a flowering cherry. I think we have had ten cherries in ten years but it is always reprieved. I am an optimist. Fruit for eating, bottling, giving away and making jam is always available each summer. We save money and delight our friends. I also planted an orange tree this year. And just recently I decided what to do with that awkward strip next to the neighbour's garage wall – plant herbs. These are healthier than salt in cooking and much more flavoursome. We have rosemary, garlic chives and an English lavender bush and also in pots we have mint and parsley since these tend to run wild if not contained in a pot.

Secondly, turning to the house, there are things we can do to do our bit for conservation of energy. Consider the matter of heating. Thick curtains and blinds shut sun out in summer and let it in in winter. Insulation of the roof of course also saves heat and money. A single heat source in winter is preferable to central heating in this regard. We have a fire in the lounge room and only heat other rooms if they are being used, which usually they are not. A hot water bottle in bed saves in heating a bedroom and is just as effective. Wearing thick woolly jumpers, socks and dressing gowns reduces the amount of heating needed and rooms don't get so stuffy.

Also to conserve water we do not have a dishwasher as these are a really thirsty item. We as a family have never used more than a third of our council water allowance. Consider too whether your automatic washing machine is the best one for the job, or whether you could use a less water hungry model.

Thirdly, indoors too you can reduce the use of spray cans. These pollute and damage the ozone layer. A fly swat can deal effectively with flies, and fitting flywire screen doors also helps. A bowl of potpourri – from the herb garden – can perfume a house better than a commercial air freshener.

Fourthly, there's recycling. Glass and paper at least can be recycled. We are fortunate to have regular collections of these by commercial firms who call frequently. If there are no regular collections near you take them to the scout depot. Aluminium cans can go directly to the Cash-A-Can centre. It is a bit of a hassle to store and save and recycle, but every little bit helps in the big problem of garbage disposal. Consider too using paper bags rather than plastic for school lunches. The paper is

bio-degradable while the plastic just lies around for years without breaking down. Buy in glass rather than plastic or tin. Buy fresh foods and take the time to cook them properly rather than eating pre-packaged and prepared foods. Establish a vegetable garden if you have the room (we haven't).

Fifthly, back to the garden. Always use the washing line. The sun's light and heat are free and clothes usually smell fresher (they do here anyway). Try having enough clothes to be able to do without washing while the weather is wet and only wash on dry days. You also save on electricity required for the dryer. Still in the garden, put out a seat to use on summer evenings. We have a swing which is the child's favourite spot on a warm night. This adds to the sense of peace and wellbeing in our lifestyle. Walking around with a hose is preferable to sprinklers. It is peaceful and soothing and you don't forget to turn it off and have excess water rates again!

Finally, in your personal lifestyle you can cut down your use of the car. I am a housewife and only use the car two days out of the working week. You can ride a bike or walk, or if distance prevents this, use bus or tram or train. You are getting exercise and lessening pollution at the same time. The days I stay home without the car I walk to a neighbour's house for a cup of coffee. And if I'm not feeling sociable I have time to write and do hobbies – cross stitch and reading, correspondence and other creative and crafty work. I have been known to do housework on occasions too.

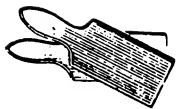
Also in your personal life you can limit spending. Deciding not to follow the latest fashions means a huge annual saving on clothes. Buy clothes in op shops and swap with friends – especially with children's clothes. Apart from shoes I clothed my daughter entirely out of the op shop until she went to school. Unpicking adult clothes and making them into children's items is also possible. No time? Do it in the time you stay home without the car. Buying natural fibres – wool, silk, cotton – is a saving to the environment as these will break down. Going shopping for groceries only once a week means saving money as you find you have to 'make do' with what you have. Save paper. The back of envelopes can be used for grocery lists or left by the phone for recording messages. Advertising material can be recycled with the newspapers. Save stamps to give to charity or to a stamp collector.

I care about the earth because it's my home. We live in the suburbs because my husband's job is nearby and we like to live here. Let's face it – some of us are just not the pioneer type and we don't have to be ashamed of that either. We are happy in our town life. Because we are also Christians we are committed to 'living simply so that others may simply live'. It is more of an effort to live responsibly in the suburbs but in our small way we do it. We find we can live here in simplicity and peace.

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## HANDY HINT

To clean combs quickly, place them in a small amount of very hot water and then sprinkle over them a heaped teaspoon of bicarbonate of soda. Leave them in the solution for a few minutes and then remove them.



# BUTTERMAKING

by Victoria Whittle

Making butter from goat cream not only makes economic sense but also provides you with a sweet, pure white delicious alternative to cows' butter or substitutes. It is difficult to say how much cream for butter you will get from X number of does, as diet and management, climatic and lactation changes and butterfat variations in bloodlines and breeds do not make estimations easy. David McKenzie in his *Goat Husbandry* includes an excellent section on 'Feeding for butter-fats' which will be of interest to those considering this dairy product and its production.

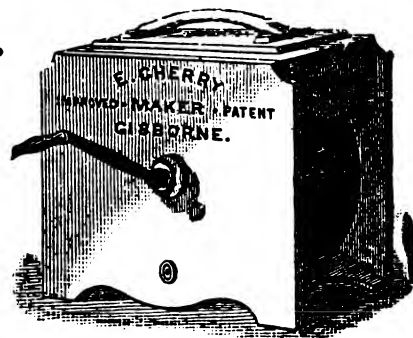
Before discussing equipment and utensils required, let me stress that strict hygiene is absolutely essential, both when milking and when preparing the milk. Old bowls, rusty separator vats, resurrected churns may be quaint and suggestive of bygone charm, but they are not to be used. Retinning of cans and vats is expensive but may be a cheaper alternative to buying new equipment. If you don't want a separator, you can skim the cream off milk that has been stored for a couple of days in a cool room. You will need bowls – preferably large flat ones. A dairy thermometer is not essential but is useful, because ideally mature cream needs to be at about 14-15.5°C (57-60°F) for churning. A churn is not necessary. An egg beater is OK, but I find a blender serves the purpose very well. Scotch hands or butter pats are required for patting out the washing water. It is essential that this step is done thoroughly or the butter will go rancid very quickly. Anyone who is into woodturning should be able to make you a pair, using untreated timber.

Salting the butter makes it keep longer. You don't have to salt it, that's up to you and how much you use is really a matter of taste. I use both iodised and common salt and can't see any difference.

If using a separator, strain the milk straight into the vat as soon as possible after milking. The warmer the milk the better the separation. Frozen milk reheated for separation will not do what you want it to, so use freshly gained milk. After separation leave the cream in an odour free fridge for two days to 'mature'. If you need to combine a few days' worth of cream to make up a decent quantity that is quite all right. Make the butter two days after the last amount of cream has been added.

Take out of the fridge and leave until the cream is at room temperature or, in warmer weather, at that given above. Beat or blend until the butter separates from the buttermilk. Pour off the buttermilk and wash the butter in cold water until the water is clear. Use a knife to break up the lump so that it is washed thoroughly. You will need to change the water up to four or five times. Don't try to cut corners on this step – any buttermilk left in the butter will make it go rancid. Cut off walnut size lumps and pat until as much moisture as possible has been forced out. You don't have to be brutal – just gentle patting will do! Add salt to taste using a knife to distribute it through the lump. Leave butter in the fridge while you go and bake some scones using the buttermilk instead of milk, grab the raspberry jam and forget your diet!

Surplus butter can be frozen most successfully. I have used it after nine months of freezer storage and it was as good as the



day it was made. Well made butter should keep for a week without refrigeration in cool weather.

Off-flavoured milk and cream will make off-flavoured butter so taste the milk before separation or skimming. If it is 'iffy' don't use it – instead, check whether a small revision of management practices may be needed. Tainting feeds such as swedes, mineral deficiencies – particularly cobalt, through parasite burdens and/or dietary slip-ups – and udder ailments are factors to be considered, along with basic hygiene both in the milking shed and dairy.

Goat butter is such a treat to the palate that you'll wonder why you hadn't made it before. It can be used to totally replace other varieties, and will add a special flavour to all your favourite dishes. Try it soon!

Reprinted from *Dairy Goat News*, Oct 1985, NZ Dairy Goat Breeders Association, Hill Rd, Raglan NZ.

## HANDY HINT

The next time red wine spills on your carpet or tablecloth, try removing it with white wine.

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# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them in to Livestock Advice Page, Grass Roots, PO Box 764, Shepparton 3630.

I was wondering if someone could possibly give me some advice; I have an eight month old dog, female, who is a kelpie/border collie. She has a particular addiction to killing things, which upsets me greatly, e.g. bob-tails, chickens etc. Is there any way I could prevent her from doing this, without having to encage her or tie her up?

**Cathy Nicholas  
Gidgegannup 6555.**

*This is a tricky problem, but with a lot of patience can be solved over a period, though as with any form of training the earlier you start the better the results. One approach is the 'scare' tactic. Every time the dog looks at a bird, scream at her, even if she doesn't look as if she's up to any mischief. She may tremble and cower and break your heart, but she will know it is wrong to even think about killing them. As well, whenever you and the dog are out walking and you find a moulted feather, pick it up, thrust it into her face and shout, 'Did you do this?'*

*The other side of the coin is encouragement. So that she won't get jealous or sneaky and kill birds behind your back, walk her to heel (or on a training lead if it is an untrained puppy) while you feed the chooks or collect eggs. All the time, talk to her in a bright happy voice, telling her how much fun it is. She will give you her full attention because you sound so interesting and gradually she will forget she is surrounded by birds. After a couple of months of this you should be able to safely leave her amongst the chooks without them being in any danger.*

This past summer our heeler bitch suffered badly from what appears to have been fly bites. The ears developed crusty sores and although they didn't become infected they looked terrible and must have bothered her. What precautionary measures can we take for the summer coming?

**George & Penny Stephens  
Wangaratta 3677.**

*Coincidentally we noticed a similar question asked some time back in the farmers' paper the Weekly Times, and their answer was very thorough. The flies involved are thought to be stable flies (Somoxys calcitrans) and they show a preference for the ear tips of breeds with erect or pricked ears, the heeler of course being such a breed. These flies attack the folds of the ears in breeds with non-erect ears. As the flies breed in compost and decaying organic matter, the removal of such material or covering of it will help eliminate breeding sites and therefore the numbers of flies around. The dog's ears should be thickly covered with a soothing ointment, zinc cream is one that is tried and tested – or check your chemist, veterinarian or health food shop for something appropriate. A safe insect repellent dabbed around the ears should help keep the flies away. Eucalyptus and pine oils are often recommended for this purpose. Regular attention will heal the ears and judicious use of the repellent eliminate further outbreaks.*

I have a Toulouse gander who suffers from what I think is 'Bumblefoot'. It looks like a corn on the ball of the heel – it is hard skin in a conical shape with the point upward making it painful to put weight on the foot. The hard piece can be removed like a corn, leaving a hole but it reforms within a few weeks. The recommended treatment for bumblefoot is to keep

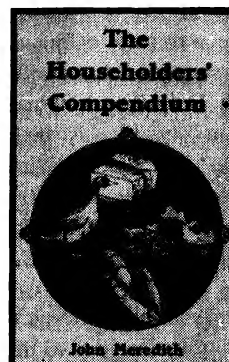
the bird off dry hard ground – my goose is mostly on green grass and over the past 6 months this has been far from dry. I have also tried stock tar and sticking plaster. Any advice please.

**Alan Attreed  
Heathcote 2233.**

*Reginald Appleyard, a British authority on waterfowl, mentions lameness and swollen foot in his little book 'Geese – Breeding, Rearing and General Management', published in 1948. He says that:*

*In hot, dry times, especially when geese have no swimming water, some birds get swellings and go very lame – generally it is a form of an enlarged corn. Get the lame bird up and place in a well-bedded house. Make a hot bread poultice, place this on the enlargement – in other words, get plenty of the poultice onto and around the swelling – and bind securely into position. Poultice a number of times until you have the affected part perfectly soft; now take a penknife and gently, but firmly, remove the core. If there should be any pus wash it out. Bathe the foot with disinfectant and cover the whole foot to keep out the dirt. It will quickly get in order and once clean and dry liberate the bird to return to the flock.*

*It is not clear from this whether the 'corn' is in fact bumblefoot, an infection more commonly associated with fowls and turkeys. They usually become infected from an injury to the foot occurring when flying down from perches or trees. Bacteria may be taken into the injury, and staphylococci are frequently found. The bird becomes lame, with a bulbous swelling of the foot pad; in advanced cases the entire leg becomes involved and death frequently occurs. Conventional treatment for bumblefoot includes an antibiotic if bacterial or staphylococcal infections are suspected. It is suggested the core or pus is gently removed and the resulting cavity thoroughly cleaned and painted with tincture of iodine. Natural treatment could include crushed garlic in the drinking water to kill any infection and cleanse the blood, the Biochemic Tissue Salts Ferrum Phos for the inflammatory stage when there is heat and congestion, and Silicea after the swelling has become soft and pus has commenced to form. It assists suppuration and often helps the abscess break without intervention. Continue this after the abscess breaks. The dosage would be on the bottle – give as for children.*



### **The Householders' Compendium John Meredith**

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# SPECIAL SEEDS FOR SPRING

With winter at its wettest and most miserable down south there is little joy yet in toiling in the garden – and mud. It's with a touch of envy we think of our fellow gardeners in warmer climes, imagining them already turning soil and sowing seed whilst the results of our efforts struggle to survive amidst lakes of water. Frustrating as it is being housebound with the weather there are tasks you can do in preparation for the growing season ahead. Check through the seed cupboard and put out all those whose shelf life has expired. Those to be kept should be stored in airtight containers and clearly labelled with variety name and date of storage. If you're handy with tools consider making a cold frame to hasten seed germination, you'll use it over and over. A trip to the library should prove fruitful if you can't find a design in your own books, and secondhand materials would cut costs considerably. And if you haven't got around to updating your seed catalogues or sending for a special variety do it now because once the weather improves you'll be too busy outside to have time for such little jobs.

It's the special varieties we're looking at this issue, those that add a little extra interest and challenge to the job of producing everyday vegies like carrots, onions and silverbeet.

Specialty Seeds carry a CELTUCE, a quick growing vegie that can be used in place of celery and lettuce. It's picked when young for salads and the midribs are delicious eaten either raw or cooked like celery. Another interesting variety they carry is LAMBS LETTUCE or CORN SALAD and although it's more suited to early winter sowing there is still time for a crop in cool areas. It is large leaved and tastes like tender young lettuce, an invaluable vegie for winter salads. It will grow well in pots so is a good plant for balcony gardening.

Eden Seeds, who specialise in non-hybrid varieties, carry CHIA, an annual that grows to 1.5 m (5 ft) and is said to be a tremendous energy food, with great health and rejuvenation properties. Long regarded as a survival food, it's a forage plant for animals and the leaves are used in salad or for a tisane. QUINOA (var. *Linarus*) is another uncommon variety and is a hardy annual that grows to 2 m (6½ ft). Spring sown after the last frost, its leaves are suitable as a salad vegetable and the grain produced ground for flour. A drought tolerant plant, it was a favourite of the Inca indians.

Kings Seeds also offer a variety of CORN SALAD or LAMBS LETTUCE. Their variety is *Verte de Cambrai* and may be sown early spring through until autumn. Edible leaves are produced within weeks of sowing. You can harvest by picking off the largest leaves or by pulling up and using the whole plant. Another unusual vegie they carry is MALABAR SPINACH, their variety being *Basella rubra*. This is a rapid growing vining plant which is best trained up a fence or wall and which produces large veined succulent leaves of delicate flavour. It is highly frost tender so should only be planted after all danger of frosts is past.

Phoenix Seeds are another company offering non-hybrid varieties and have an excellent reputation for their range of unusual plants. Included are JICAMA or yam bean, a vine that produces a tasty tuber like the water chestnut. It takes 4 months



to produce small tubers, 9 for the larger and they may be eaten raw or cooked. GOBO or edible burdock is from Japan and its roots are eaten raw when young or peeled, scalded and cooked when mature. Young leaves and stems can be prepared like spinach and asparagus respectively.

From Broersen Seeds and Bulbs comes the little known SCORZONERA or Black Salsify (or oyster plant as it is sometimes known). Sow seed late winter to early spring – better germination is obtained if seed is soaked before planting. The flavour of this root vegetable is said to resemble oysters, hence its name. They also carry PURSLANE an annual that is spring sown in cold climates, all year in warmer areas. The leaves of this plant are equally tasty eaten in a salad or lightly steamed or sauteed. Plants can be cut several times throughout the season.

## Suppliers

Kings Seeds, PO Box 14, Glenbrook 2773.

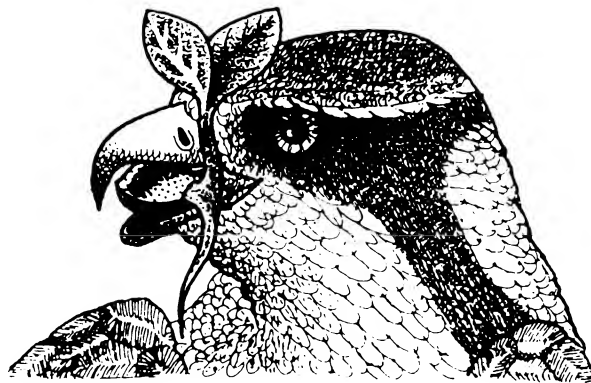
Phoenix Seeds, PO Box 9, Stanley 7331. Ph: 004-581-105.

Eden Seeds, The Finch Family, MS 316, Gympie 4570.

Specialty Seeds, PO Box 34, Hawksburn 3142.

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# A FEW HINTS ON DRILLING

by Jack Thorne, Yallingup, WA.

Since quite a few people said they learned some good ideas from my last article ('The Nuts and Bolts of Machinery Repair', GR 68, p. 66), I thought I'd pass on a few more tips on the same subject. I've done a lot of drilling in my thirty years of repair work. Some things you only find out the hard way!

## DRILLING LARGE HOLES

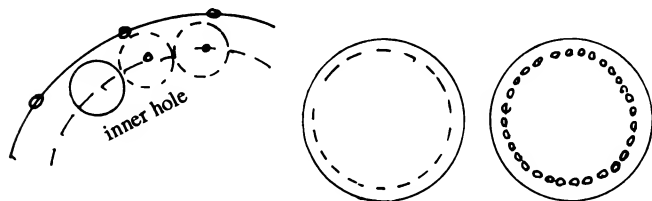
A hole saw is ideal for this, but buy top of the range individual saws – worth every cent.

### Pilot Holes

To ease drilling effort of large diameter deep penetration holes, a small hole can be drilled first. The larger drill follows the smaller hole, hence pilot. Easy? The rub is selecting pilot hole size. Too large a pilot and the second bit gouges down through the metal, attempting to cut a thread equivalent to the pitch of the drill. Result: jammed or broken bit, ruined work and busted wrist.

### Extra Large Holes

Super holes can be made by link drilling. Mark hole diameter required. Select a drill diameter e.g. 6 mm or  $\frac{1}{4}$  in. approx. Now mark another circle the drill diameter less than required hole. Centre punch outer circle for reference, and inner circle for drilling. With care the drill holes will link or pigeon pair as each hole just cuts into the former hole. Use a jigsaw or hacksaw to cut any holes that do not link. Remove centre piece and file work to correct diameter.



## SAFETY AND SECURITY



There are numerous ways to secure the work piece – clamps, vice grips, nails, screws. Keep the work clear of your body. A drill size of 10 mm ( $\frac{3}{8}$  in) or above seems to cause most problems when using a pistol grip drill. A very good investment is an all

position hand grip, usually available for a few dollars. This device transfers your grip from a loose circular hold into strong leverage, and balances the pistol grip hold.

### Sheet Metal

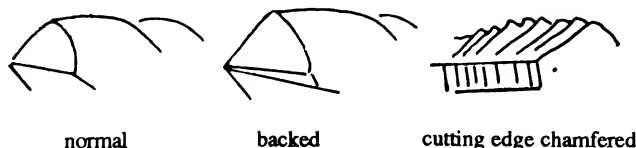
Clamp it while you're drilling. It is so easy to hold the metal by hand and zip through it, but one day a piece will ride up the drill bit, grab, and all that torque will create a giant kitchen



whizz, and guess who is the mixture! It is not advisable to use your feet either.

### Brass

Drilling brass is problematical. Bright, soft and lethal, brass 'grabs' at cutting tools, especially when breaking through. The cutting chips fly and are very sharp. If you can afford it, back off the cutting edge of the bit to prevent grabbing, especially with pilot holes.



## Further Hints

- Please use a cutting compound when drilling metal. Water, oil, kero or proprietary brands make drilling easier, prolong drill life and give a neater hole.
- Please do not pluck at rotating pieces of swarf (small bits of cut metal). Stop the drill and remove it – gently.
- Please do wear safety specs.
- Remember, short cuts in drilling are usually just that. You end up caught short and cut. Happy drilling.

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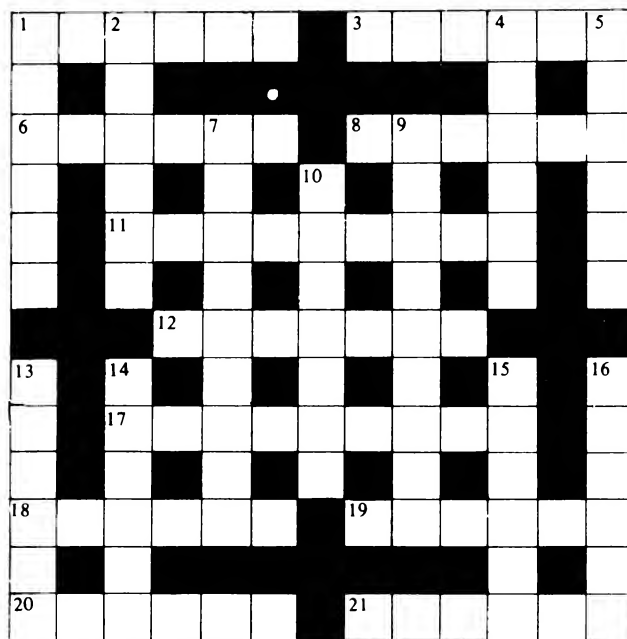
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# CRYPTIC GRASSWORD

by M. Riley, Newborough, Vic.

- Across
1. Damper problem could do this (6).
  3. Tradesmen drool (6).
  6. Capital polish (6).
  8. They are not at home at your place (6).
  11. Leave invalid for him (9).
  12. Store provisions (7).
  17. Not solid answers (9).
  18. Instruments found in gardens (6).
  19. Holds up seats (6).
  20. Young refuse bedding (6).
  21. Blooms in space (6).
- Down
1. Bee makes war on guard (6).
  2. Shape for over mat (6).
  4. Room for change in church (6).
  5. Cattle steal from paddock (6).
  7. Country home (9).
  9. Less than twelve inches below step (9).
  10. No trade in bar (7).
  13. Agents not still in this business, are they? (6).
  14. Ship's company (6).
  15. Minds sick here (6).
  16. They tend to look afterwards (6).



*Solution on page 65.*



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# Poetry

## O NO, THE OZONE IS GOING

Kids fast asleep  
embers dying  
wondering what's the use  
in trying  
to prevent us from  
frying  
with no ozone layer  
to thin down  
the sun's rays  
we are stripping the fat  
from the earth; flaying this part  
of the planet  
and skinning this continent  
down to the bone...  
no tons of facts  
no tomes of Erlich  
warning can  
avert a disaster  
as the acid rain falls  
so do torrents of words  
but we seem to turn faster  
to burn faster  
our precious little fuel  
too much food for thought  
too much ego to feed  
if we want to know more  
we can skin through the floor  
of our being  
beyond the earth's core  
past human and mammal  
and tadpole and seaweed  
into the palpitating heart  
of a cell  
into the solar plexus  
of the all  
only then can we know  
if we will grow or curtain call  
Fiona McIlroy

## DAFFODILS

Petticoats of golden yellow  
Amid tall spears of green.  
Nodding brightly by the river  
Make a lovely scene.

Although I know so many flowers  
With colours rich and rare.  
Beside this lovely little flower  
None of them compare.

Maybe it's her sprightly dancing  
That makes you want to dance and sing.  
Or maybe it's because she is  
The first  
To welcome in the spring.

Elaine Rowe

## MOUNTAIN GATE

The languid beauty is complete  
Perfection  
Trees continuously bubble  
And speak twisted dreams  
I feel them whisper incantations  
Of love for the earth and the animals  
masses of loose canopies form ripples  
And sway as the wind plays her game  
How spectacular you are, my mountain  
Of green and grey  
But be aware  
He has come to rape you  
With his razor like saw  
To destroy and kill your being  
And with the sound  
I die too.

J'nette Reeves

## GARDEN

### 1. In the Dry

Recycled rain from the sprinkler  
gyrates in the wind-blown air,  
droplets glitter like diamonds  
to be snapped up by birds on the wing  
pumpkin flowers trumpet a welcome  
to hungry bees,  
butterflies court bean flowers  
a kookaburra laughs,  
the gardener prays for rain.

### 2. Under the Rain

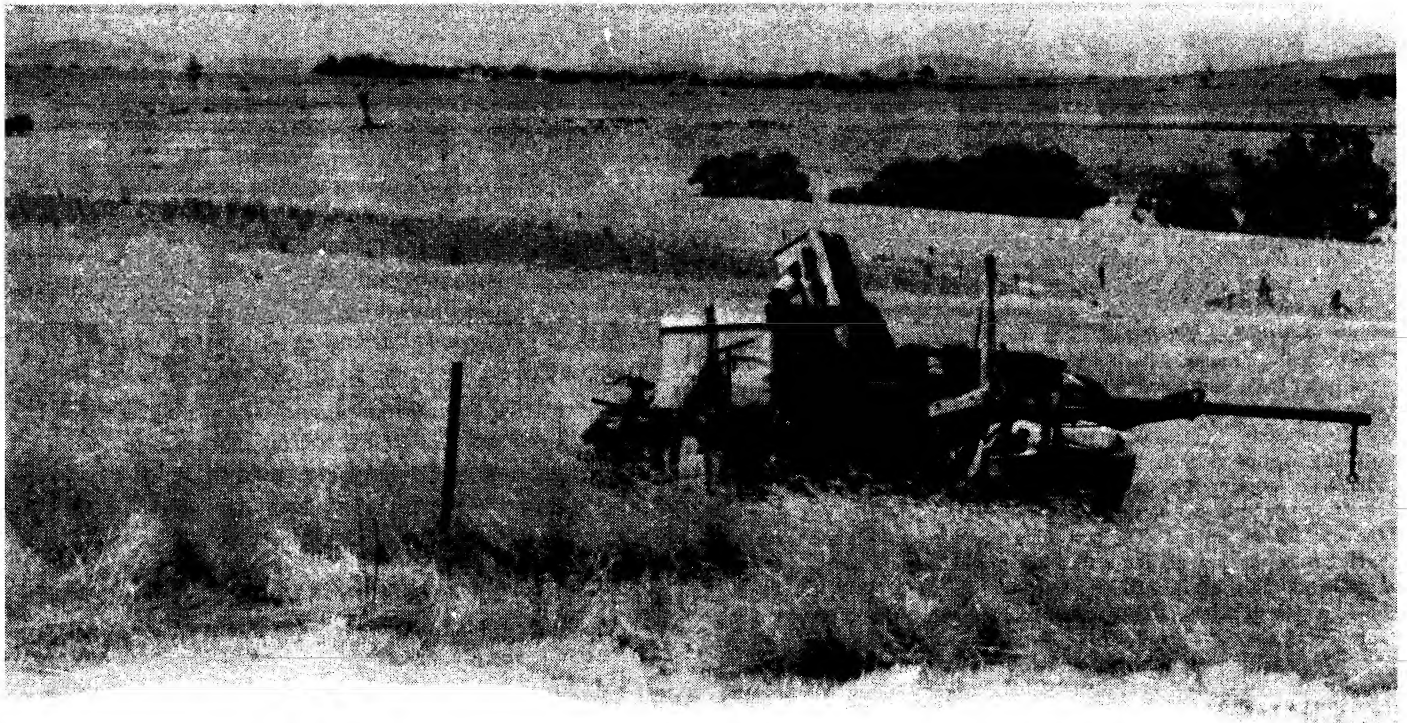
After the fanfare of thunder  
the rain comes not as a blessing,  
but grudgingly,  
spiteful fingers stab dry ground  
scoop out handfuls of top soil,  
hail stones, lanced from a bilious sky  
batter the plants,  
insects and small birds flee,  
the sly-eyed kookaburra  
waits for the worms to surface,  
the gardener curses the rain.

Bettina Cummins

## MYOPIAN CREED?

There is no 'path' – but that we find  
Beneath our feet to tread.  
Nor comfort – but that we tread it still.  
It is enough!

Nick Lee



#### **TIN DRUM SONG**

*My heart held fast in eagle's claw,  
Beats to the tune of man's tin drum.  
Thin, tiny, harsh reverberations of himself,  
Not eagle's wing; child's toy;  
Conundrum – bright painted quaint obscenity,  
With string attached.  
Around my neck I put it on and beat  
To life a tune – help make it dance.  
Assault life's rhythms; by imposing,  
Seek to overpower.  
Yet still in some small spirit place,  
An eagle stirs, wild, impatient to be free.  
Be still my heart, for we are caged  
And best you stay within;  
Hold fast, it is not yet our time.*

*Nick Lee*

#### **CRIMSON ROSELLAS**

*Greedy  
Too greedy and too, too cheeky  
Long gnarled claws  
Stand, wallowing in the edible black  
And white delights and bossy  
If there's more than one, it's too many  
Effervescent crimson and sculptured black design  
Waddling and squawking  
Touches of the sky reflect in your colours  
Search, black liquid eye  
Do your circular dances of freedom  
Fluff up your blood, blood redness  
Full of importance.*

*J'nette Reeves*

#### **WINTER SOLSTICE**

*Sunlight silvers  
The top of the shining gum trees;  
A lyrebird whizzes  
Across the road as bold as you please;  
The ribbon to Goongerah  
Unrolls its curves with ease;  
Now the car's stopped  
I can hear the birth of a breeze.  
Is it sweet, or savoury,  
This little foretaste of bliss?  
The earth makes me feel at home  
In the depths of winter solstice.*

*Fiona McIlroy*

#### **MOONLIGHT**

*Sleep silent moon  
night moves on winged feet  
across the silver hours  
where time is sure and fleet.  
Cold moonlit hours  
white frost paints the grass  
tall sharp icy blades  
as furtively does it pass.*

*Jean Opperman*

#### **DESTINY**

*Lady wave, man of sand  
Wild and whirling come,  
Blow a path to destiny,  
Come and join as one.*

*Robyn J. Hausler.*

#### **HAY BALES**

*Rural monoliths among  
Long sought fodder  
Remnants of frustration  
Venture  
Profit?  
Now lying waste  
Sitting on dank mouldy buttocks  
Indenting pastures  
With decay and withered growth  
Seeds of tomorrow  
Lying wait beneath the  
Stalks and kernels of  
Yesterday's furrowed  
Ground*

*Scott Garrett*

#### **SIXTH SENSE**

*After the winter solstice  
days are longer but colder  
frost lies heavy on the lawn  
a high wind blows down  
my wattle tree.  
But underground a restlessness,  
a stirring,  
a time to plant out peas,  
onions, broad beans  
even lettuce (under glass).*

*A daffodil unsheathes  
an early burst of Spring.*

*Bettina Cummins*

# Kids Pages

Dear Kids,

I'm in the middle of holidays and having a terrific time. It's such a relief to be on hols at last, this term has been so hectic. The exams were the worst – we had nine over three days! It was terrible. I went quite well though. My lowest score was 82 percent and my best was 96 percent for maths. After the exams was the social, where everyone really let loose and raged, we were so relieved to have finished with exams. It had a 60's theme and some of the hairdos and dresses were really amazing.

It's so good to finally be at home. Girton has been so cold. Getting up in the morning was torture, especially when the showers went all temperamental – we had icy cold showers for a week. You should have heard the squeals! The best thing about being at home is being able to sleep in until all hours, then get up and dress in front of a warm and crackling open fire. There's always a couple of pesky cats there but I just force my way through them, consequently I'm not too popular at the moment.

We had a tragedy the other day. My darling budgie Bert who had been with us for four years died. He was a pretty fellow and always cheerful and chirpy. He had a wonderful repertoire of songs. I was away at school when he died but Megg gave him a good burial. All the other animals are going well, the cats are fat and happy and the geese are off their heads with joy at the rainy weather. They just paddle all day and make the puddles all muddy.

Well, better go.

Love, Suni.

Dear Sunshine,

Today I took our two dogs for a walk. Their names are Bandit and Snowy. I had Bandit on the chain and she made me let go of it three times. I like cooking, swimming, bushwalking, reading and drawing. I am writing this letter under our new solar lights. I have two brothers, their names are Keith and Martin. I am ten years old.

Amy King  
Glen Innes.

Dear Suni,

I like your letters about boarding school because next year I will be going to one. My two sisters are already there. We have to go because our farm is too far from the closest school. It would mean an hour and a quarter travel each morning and night, with catching buses and stuff. I have two pet lambs at the moment and it will be awful to leave them. Mum said she would look after them but it won't be the same. It sounds lots of fun boarding but I am worried that I will miss all the animals and Mum and Dad. And even my brother! Please write more about your school as there are probably lots of kids like me who will be going next year.

Catherine Willis  
via Griffith.

## COOKS CORNER

### SESAME AND SUNFLOWER BARS

2 cups of mixed sesame and sunflower seeds  
1 1/4 cups honey

Brown the seeds lightly in a heavy based preheated pan. Stir regularly to prevent burning. Combine seeds with honey in a saucepan and simmer until the mixture reaches a firm ball stage, again stirring frequently to prevent burning. Pour onto a lightly greased tray and spread thinly. Score into rectangular bars while still warm. When cool break into pieces. Store in an airtight container with waxed paper between each layer of bars.

NIGHT Yvonne Robertson.

Rain falling down,  
Another minute passes by,  
The moon turns to grey.

Then the lightning flashed,  
The thunder roared,  
Booming, flashing, pouring rain.  
Wishing that the storm would end  
I huddled up in bed,  
Scared and alone,  
The wind bashing on my window  
And dogs going wild.

Then the storm receded  
And I was glad.  
I was so happy that I fell asleep.  
Goodnight!

### INVISIBLE WRITING

Have you tried invisible writing? Need to write private notes and don't want a single soul to see? Then this is for you. Squeeze some lemon juice into a small container and use an old fashioned pen and nib (parents often have them in their writing drawer) or a fine paint-brush to write a secret message. To make the writing appear either hold it over a source of heat (not a naked flame) or gently go over it with a warm iron. The writing will show up for a short time, then disappear as the paper cools down.

Why did the kangaroo jump into the barbed wire fence?

I wanted to be a 'too-barb'!



## BOOK REVIEW

### CHILDREN'S ACTIVITY BOOKS

**Having Fun with Sticks, String and Things/with Paper, Foil and Things/with Cardboard, Card and Things/with Seeds, Dough and Things.** Soft cover, 32 pages.

Remember those childhood games like Fortune Teller and Cat's Cradle made from folded paper and string? Melissa Davies re-introduces these and many others in this delightful and affordable series of activity books aimed at the 6-12 age group.

Each activity is accompanied by fun, easy-to-follow illustrations, a full list of what you'll need, and, where applicable, symbols denoting 'HOT' and 'SHARP' warning that adult supervision may be required. Using only ordinary, everyday, household objects, these books are perfect for the rainy day, as well as for general use and instruction in the classroom and at home.

Published and distributed by Bridgewater Books, 122-6 Ormond Rd, Elwood 3184. RRP per book \$3.95.





# TRY DECOUPAGE

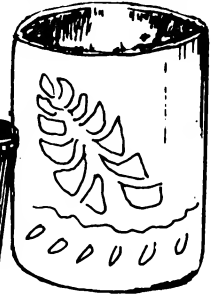
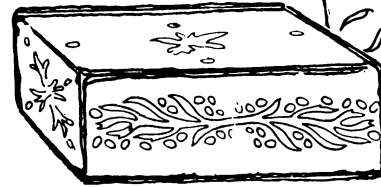


by Kelly Graham, Gosford, NSW.

This is a craft anyone can try – and it is difficult to make mistakes. The word ‘decoupage’ (if you say it slowly you can easily pronounce it, ‘day-coo-parzh’) is French in origin and means ‘cutting out’, which is exactly what you are going to do. Interesting pictures are cut out and glued onto all sorts of things – little wooden or cardboard boxes, old picture frames, metal wastepaper bins, old tin trays, even your school folders. Once you try it and acquire the knack you won’t be able to stop.

## METHOD

- Choose the article you are going to cover. It must be clean and free of rust (if metal), grease, dust and loose paint or paper. Clean and sandpaper down if necessary.
- Choose your paper – it should not be too thick or too thin, nor should it have print on the back as this will show through. Wrapping paper is suitable, choose some with a design that can be cut and arranged easily.
- Cut with fine, sharp scissors, working carefully.
- Plan your design before commencing glueing. Move pieces around until you are satisfied with the design.



- Select a glue at your newsagent or art material shop that dries transparent. When glueing, cover the back of each piece of paper evenly, then place down on pre-arranged place. Smooth it so no air bubbles are trapped underneath. Use a tooth pick to glue down any tiny pieces that become unstuck. When dry, it is ready for finishing with a varnish, a quick drying lacquer preferably.

- The number of coats of lacquer required to give a hard surface will depend on the thickness of the paper – at least six is suggested and ten preferred. Before lacquering, wipe with a slightly dampened cloth to remove dust. Apply lacquer with a soft brush and leave to dry 24 hours before applying the next coat.



What’s the cyclists’ most useful pet?

A belbird.

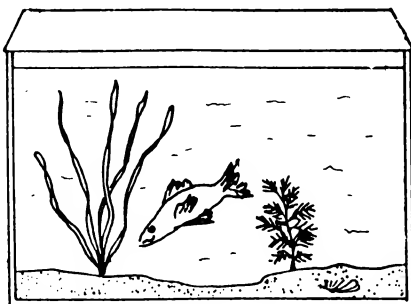


# GOLDFISH

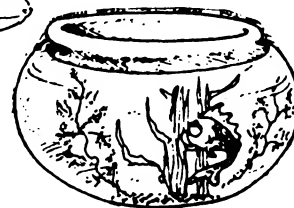


Goldfish are not demanding pets because once they are established in a tank or aquarium they require little except regular feeding. And pet goldfish are said to be able to live for up to 25 years!

Choose a tank or aquarium that will allow plenty of room for your fish plus several others, just in case you want one or two (or even three) more at a later date. Cover the bottom of the tank with a layer of well-washed sand and then gently fill with water. Don’t introduce your fish straight into this water, it will be much colder than that in which the fish is temporarily



As goldfish are a cold water fish they can live quite happily in an unheated aquarium.



Plants are valuable in an aquarium because they make and give out oxygen under water, which helps the fish breathe.

kept. It is better to add a little cold water to the plastic holding bag, gradually getting the fish acclimatised to the new temperature. The tank or aquarium will need to be cleaned from time to time, to prevent the growth of algae and bacteria. Keep your fish in a clear jar or plastic bag while you change the water and gradually reintroduce it to the colder water as you did the first day. Special plants from the pet shop could be placed in the tank, also some nice little stones.

Don’t overfeed your fish, as some are very greedy little fellows and will just keep eating – and may die. Feed only small amounts once per day, and at a time you will remember, like after brekky each day.

Reprinted from *Pets For Kids*, by Joanne Casey, published by Collins Dove and priced at \$4.95.

# While the Billy Boils....

*We receive frequent requests for vegetarian recipes. Winter is a good time to experiment, so for this issue we have selected from our readers' suggestions some vegetarian ideas for nourishing hot dishes. Some of these are old ones, tried and true, some new and a little more adventurous, but all will add extra interest to winter mealtimes.*

## SPINACH CROQUETTES

- 500 g (1 lb) spinach/silverbeet
- 750 g (1½ lb) potatoes
- freshly ground pepper
- ½ tsp dry mustard
- 1 egg, beaten
- dried breadcrumbs
- olive oil for frying

Wash spinach carefully and steam until tender. Drain well, chop finely and leave in sieve to cool. Peel potatoes, cook until tender, drain, mash and leave to cool. When cold combine spinach and potato in a bowl, add pepper, mustard and mix with beaten egg. Place dried breadcrumbs in a bowl, form the spinach mixture into small croquettes and coat in crumbs. Fry croquettes in deep hot oil for 3 minutes. Makes 18-20 croquettes.

**Yvonne Benson, Beaconsfield.**

## PANCAKE BATTER

- 125 g (4 oz) wholemeal flour
- 1 egg
- 150 ml (¼ pint) milk
- 150 ml (¼ pint) water
- oil for frying

Sift flour and salt into a bowl, make a well in the centre and break in the egg. Gradually beat the flour into the egg, alternately adding the milk and water at the same time to form a smooth consistency. Pour into a jug and leave for 15 minutes. Heat a little oil to coat the bottom of a small frypan. Pour in a little batter, swirling the pan to coat the base. Cook briskly for a minute until bottom of pancake is light brown. Toss and cook other side. Place on kitchen paper in a warm place whilst cooking other pancakes. Use with a savoury or sweet topping.

**Michael Thornton, Shoalwater.**

## PUMPKIN FRUIT CAKE

- ½ cup raw sugar
- 3 tbsp butter
- 1 tsp vanilla
- 1 egg, beaten
- 1 cup cooked, mashed pumpkin
- ½ cup mixed dried fruit
- 2 cups wholemeal flour
- ½ tsp bicarb. soda
- ½ cup milk

Grease a 20 cm (8 in) deep round or square cake tin and line the base with greaseproof paper. Pre-heat oven to 180°C (350°F). Cream butter and sugar, then beat in egg and vanilla. Mix in pumpkin and fruit, now gradually add sifted flour and soda alternately with the milk. Pour into cake tin and bake for 1 hour or until a fine skewer inserted into the centre comes out clean. Allow to cool for 5 minutes, invert onto a wire rack and remove greaseproof paper, then turn right side up.

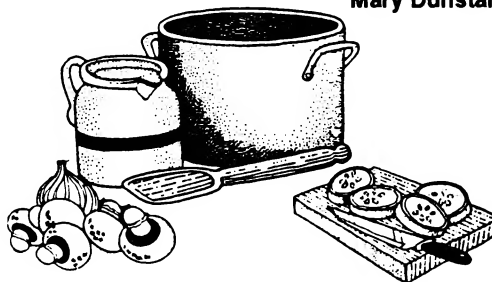
**Joanne Eaton, Dalby.**

## COUNTRY RISOTTO

- 95 g (3 oz) cooked brown rice
- 500 g (1 lb) broccoli, chopped
- 250 g (½ lb) zucchini, chopped
- 3 tbsp olive oil
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 60 g (2 oz) pine nuts
- 2 eggs
- 125 g (4 oz) ricotta cheese
- ½ cup milk
- 1 tsp curry powder
- ½ tsp cayenne pepper
- 1 tbsp parmesan cheese
- 1 tbsp fresh basil, chopped

Lightly steam broccoli and zucchini for 10 minutes. Heat oil and saute onion and garlic for 10 minutes then add pine nuts and cook for a further 3 minutes. In a blender beat eggs then add ricotta cheese and milk and combine thoroughly. Season with cayenne and basil. Fold the vegetables, rice and cheese sauce together and turn into a casserole dish. Sprinkle with parmesan cheese and bake for 20 minutes at 180°C (350°F).

**Mary Dunstan, Lincoln.**



## CHEESE SPAGHETTI

- 250 g (8 oz) wholemeal spaghetti
- 2 tbsp butter
- 1 large onion, finely chopped
- 1 cup grated carrot
- 60 g (2 oz) mushrooms, sliced
- 1 tsp minced garlic
- 1 cup water
- 1 large can tomatoes and juice
- 2 bay leaves
- 1 tsp basil
- 170 g (6 oz) grated tasty cheese

Saute onion until tender, add carrots, mushrooms and garlic and cook gently for 5 minutes. Add chopped tomatoes, juice, water, bay leaves and basil, bring to boil and simmer for the time it takes to cook the spaghetti. Cook the spaghetti in a large pot of boiling water until tender. Drain and add sauce, mix in the cheese and combine until melted. Sprinkle each serving with extra cheese.

**Barbara Hayes, Healesville.**

# NATURAL UNLEAVENED FLAT BREAD

by Rob Smith, Ascot, Qld.

**Put off baking your own bread by the thought of all the mystique that surrounds yeast cookery? Forget all that and try your hand instead at making unleavened bread. Last issue we learned the basic processes.**

Of course there are other types of breads apart from the standard loaves I described in GR 73.

## FLAT BREADS

Look to different cultures for ideas – chapattis from India, tortillas from Mexico, and lots of other flat breads using a variety of grains from countries around the world.

### Chapattis

- 2 cups wholemeal wheat flour
- extra flour for rolling
- pinch of salt (optional)
- 1 cup of water (you shouldn't need it all)

Mix the salt with the flour, kneading each time you add until you have a stiff dough. Roll the dough into a ball, cover and leave 5 minutes to spell (for the water to be fully absorbed into the dough). If the dough is too dry, add a little more water, knead and spell again. Roll the dough into a cylinder and cut into eight slices. Roll each slice of dough flat until it is about 13 cm (5 in) round. If the dough is a little too damp you may have to flour it a second time.

Cook on an iron plate, cast iron frypan or electric frypan on low temperature: about 140-180°C (300-350°F). Press down on the chapatti as it cooks with a bundled cotton cloth, rotating it occasionally to gain even cooking, but beware of being scalded by rising steam from the chapatti when you press it with the cloth. When bubbles appear evenly over the surface of the chapatti turn it over. Press again with the cloth gently and it should puff up – it is cooked. If it does not puff up it is too moist – cook longer, pressing and rotating. Test if it is ready by pressing the edge of the chapatti occasionally – if it is no longer doughy or it puffs up it is cooked sufficiently. Experience will teach you the correct amount of moisture for a quick cooking, well puffed-up, well-cooked chapatti. Usually about two minutes each side is enough. While one chapatti is cooking you can be rolling the next.

Chapattis are a fresh bread to be eaten immediately, or if you wish wrap them in a cotton cloth until you are ready to eat. This recipe makes eight chapattis.

### Variations

Chapattis can be made from other flours which have no/low gluten content and will not form an easy to work dough by themselves. By combining soft with gritty flours they can be made by the same method as with wheat, or you can try changing the technique of mixing the dough. Add boiling water instead of cold water to the flour and beat it with a spoon until a ball of dough is formed. When it has cooled you may knead it and make chapattis in the same manner as with wheat. The boiling water thickens the starch and sticks the dough together. For the first method, some suitable combinations are equal parts of buckwheat with any of millet, rice, corn, potato or

chickpea/soybean flours. The second method should work with sorghum, rice or corn flours.

The Mexican form of chapatti is called a tortilla. It is made by cooking corn in water containing lime, removing the hulls from the corn in running water (nixtamal), and grinding it to paste (masa). The masa is usually flat-patted into shape by hand and cooked on a dry hot plate. Masa de harina (masaharina) flour is sold commercially – add water and knead/stir for instant masa.

### Tips for Chappatis

If the dough is too moist it will stick to the rolling pin and the chappatis may be soggy. If the dough is too dry the chappatis will be stiff and difficult to chew. To remedy this water can be flicked on them as they cook, or after cooking they can be kept in a cloth to sweat and soften. The best board to roll chapattis on is a lightly oiled marble one – they won't stick – or a floured wooden board.

It is a common practice to put oil, ghee or butter in the dough when kneading, on the dough before cooking or on the chapatti while it is hot. This stops it sticking to the hotplate during cooking, gives it added flavour, makes it easier to chew and makes it take a longer time to digest (a reasonable practice in winter but bad in summer).

Rob conducts workshops in Brisbane for people who wish to regain control of their lifestyle. The emphasis is on preparing fresh natural foods including a variety of grains and healthy alternatives to standard foods. For more information contact Rob Smith, 2/15 Onslow Street, Ascot 4007. Ph: 07-268-4783.

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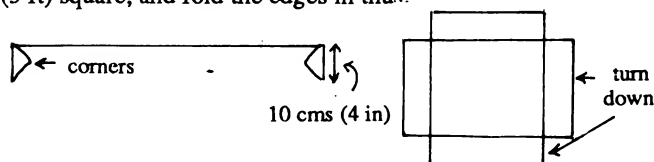
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# FEED THOSE PLANTS

by Pat Coleby, Garfield, Vic.

I am well aware that my rather odd style of gardening doesn't really measure up to what is said in most of the articles and books I've seen. But, due to having quite a lot of other things to do, I've worked out a system over the years that seems to work for me. I never use any sprays of any sort, too mean or too lazy perhaps; nor inorganic preparations – too frightened. This garden here was a haven for every sort of pest I've ever seen, and if any plant was brave enough to poke its head through the very sour soil it vanished pretty quickly. So my chooks, which are a motley collection, were given the run of the garden as well as the goat house and farm, the pests vanished fast, and so did the few plants that had managed to survive, hurled into limbo by scratching legs. The immediate problem was to restore the fertility, so I didn't worry too much, just made compost as fast as possible out of grass clippings, household scraps, paper and goat manure from the daily goat house clean-outs; one turn about a month after I seal a heap, which is a metre (3 ft) square, and about three weeks later having cooked itself nicely it's ready to go out. Sawdust and woodshavings with the mandatory 20 percent or more manure in it worked wonders on the played out beds, aided by dolomite and occasionally seaweed meal.

I don't normally dig at all, but the initial beaten down sour beds looked so bad I did dig the whole lot through just once, before piling on manure and still more manure, 30 cm (1 ft) thick in some cases, and just left it to compost itself. The garden is arranged into beds about a metre (3 ft) wide, held in with old fence posts or whatever I can find, with narrow paths which I keep mowed, but am considering covering with wood chips to save a job. The chooks of course revelled in all this, digging enormous holes in the manure laden beds, and putting most of the shavings on the paths. So the next step was a system of chook guards. The old wire bread crates are marvellous, but a dying race unfortunately, so any old piece of weldmesh or wire netting was utilised. I prefer bits of wire netting about a metre (3 ft) square, and fold the edges in thus:



These are easy to handle, and can be put on a bed that has just had its dressing of manure, a seed bed just planted, or to protect seedlings until they are chook proof. Once plants are about 30 cm (12 in) high the chooks cannot do them much harm, and I never see cabbage caterpillars, earwigs, snails or anything. When a crop is finished, I leave the bed bare for a few days so the chooks can have a good scratch round, then cover it with fresh manure from the goat house, give it a good watering, lay a bit of old carpet on it and leave it to cook itself for a month or so. After that time seedlings can be planted in holes in it, and the wire frames go on until the seedlings grow up. Every so often I scatter some more dolomite, but the plants look pretty healthy so I guess I have got the mixture about right. The great thing is that I have not bought a vegetable for nearly two years, and there's two of us at home to eat them now.

I still adhere to the old trick of planting potatoes in new ground; at first they got terrible blight – a result of thoroughly bad sour soil – but now they look pretty good. There were several rounds of 4,500 lt (1000 gal) tanks lying about on the farm when we came, just single sheets high. I brought these in and filled them as full as possible with straight goat manure, leaving them to cook and settle down. The first year they had potatoes and then pumpkins in them, and now one is full of strawberries naturalising themselves, and the other will shortly be put over to raspberries. The former are doing extremely well, I put two plants in, one each side of the tank, and as well as providing plenty of fruit they've put out enough runners to eventually fill up the tank. I've got a large piece of old wire mesh over the top to discourage the chooks.

The herbs and vegies grow higgledy piggledy throughout the garden, not many neat rows of anything, they seem to like it better, and no one could accuse me of monoculture.

I'm a compulsive tree planter, but they've got to be non-poisonous and edible for stock or humans or both, those are the only criteria I go by. To plant trees I dig out a big hole, 40 cm (16 in) each way at least, and fill it full of compost, which is then left to settle down before the tree goes in. I try to keep the holes ahead of the trees, so they go into a nicely weathered environment. Judging by the comments of my visitors, the trees grow a lot faster that way. I could never see the sense of planting trees in holes forced through compacted and often sour soil. Once the trees are established and growing I try to give them a top dressing of shavings and manure as a mulch every few months, and just recently I've mulched with completely rotted solid manure dug out of the buck houses, it makes a terrific cover especially if it's watered well when installed. The lemon and orange trees, which I've never been lucky enough to own before, were a sad sight when we came, all mould and dead twigs. I thought they looked rather hungry, so I scattered horse manure round them thinly and watered it in thoroughly – two applications of that in a couple of weeks and all the mould disappeared. Since then I feed them about twice a year, always rather lightly as I'm told citrus doesn't like a heavy mulch. One very large eucalypt out on the paddock looked rather sick and unhappy when we came, probably due to the annual applications of super and potash it had been enduring prior to our arrival, so I gave it about three trailer loads of straight goat manure round its whole area as far as the leaves reached; it's a much better looking tree now. I try to give my paddock plantations a feed at least once a year; they consist of mixed native shrubs and trees, with nut, fruit and pine trees, but all seem to appreciate being fed, and the first year watering is cut down to an absolute minimum that way.

The chooks are usually to be found revelling in a dust bath under a large cabbage or the bean plants. They haven't laid in the garden yet, but I have a feeling it will only be a matter of time. The goats get some of their own back with armfuls of comfrey, vine trimmings or whatever at least twice a week now, so everyone is benefiting.



# KITCHEN TOOL RACK

by Tom Richards, Neerim South, Vic.

How often do we see a photo of an old farm kitchen with a rack over the work bench or table and all the tools-of-trade of the kitchen hanging up ready for use by an instant snatch, and we wish we had something like it? I did so I did – did wish and did make it. You can too. This is another ‘manufactured antique’ like my saucepan stand (GR 69, p. 55). This one I copied from an antique shop in Melbourne, with a couple of visits to sketch and take measurements. I always feel that my inexperienced hands compensate for the more sophisticated tools I have available and come out equal to a 17th century piece by a mediocre craftsman.

## WORKING OUT YOUR NEEDS

### Size

The frame or rack needs to be about 250 mm (9 in) above the top of the head of the prime user or cook. All the small items such as scoops, milk measures or cork screws, or in fact the tools no longer than 250 mm (9 in) hang on the near side so that the cook can lean forward over the table and not hit his or her head on those tools. The tools which enjoy the most use hang on the right hand end (left hand for left handed person) so that they are out of the way slightly but within easy reach of the right hand. The egg beater, egg slice and potato masher would be here. The long items such as knife steel, meat forks and tongs, rolling pin, wooden spoons, ladles and skimmer hang on the opposite or far side, where your head doesn't hit them and yet they are ready for reaching. These hang on the inside of the rack whereas the others hang outside. The lesser used items such as cheese grater and pot scraper hang on the left hand end of the rack.

### Tools

I have mentioned many of these but the general idea is to hang up any item you use for the preparation and cooking of food other than saucepans and dishes and also excepting knives, which are best kept in a knife block. Where the tool does not have a big hole in the handle suitable for hanging I thread a piece of leather shoe lace and knot it with a loop. As I dislike plastic tools in my kitchen all tools tend to have wooden handles so a hole for the lace is easily drilled.

Always keep each tool in its own place and you won't have to look to find it, as your hand automatically reaches for it. It is however bad for the blood pressure when a visitor helps with the washing up and puts them in the wrong place, though it does make you appreciate the usefulness of the rack.

## MAKING THE RACK

I did not attempt to get scrap steel from the tip because I wanted specific sizes and paid out about \$50 to the local hardware store for small lengths of steel, chains and bolts.

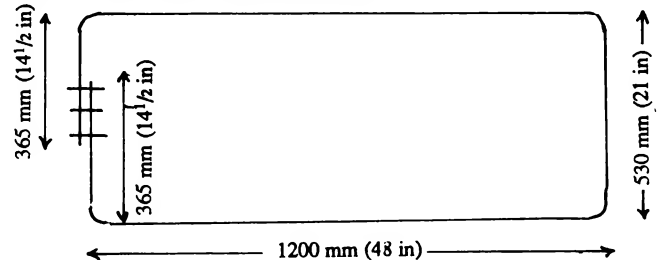
### The Hanging Rail

This is made from 50 x 6 mm (2 x 1/4 in) flat steel. The length required is twice the intended length of the rack plus twice the width of the rack plus an extra 200 mm (8 in) i.e. my rack is 1200 mm (48 in) long by 530 mm (21 in) wide and so the piece of steel is  $(2 \times 1200) + (2 \times 530) + 200 \text{ mm} = 3660 \text{ mm}$  or  $(2 \times 48) + (2 \times 21) + 8 \text{ in} = 146 \text{ in}$ . You get a surprise that you

need more than 3.6 m (12 ft) of steel strip to make a rack 1.2 m (4 ft) long.

I now make a right angle bend in the steel 365 mm (14 1/2 in) from one end with a radius of about 38 mm (1 1/2 in) – just the way it bends without hammering – then another similar bend 1200 mm (48 in) along then at a further 530 mm (21 in) and then again at another 1200 mm (48 in) and then you should have 365 mm (14 1/2 in). You vary these measurements to suit the size of your rack but still have an overlap of 200 mm (8 in), as in diagram 1.

Diag. 1. Dimensions of the hanging rail.



Now drill three 6 mm (1/4 in) holes through the overlaps and insert round head 6 x 19 mm (1/4 x 3/4 in) bolts with hexagon nuts. Heat the head of the bolt and the nut with the oxy and bend hell out of them so they look like rivets (and in fact they are). Use a ball-peen hammer.

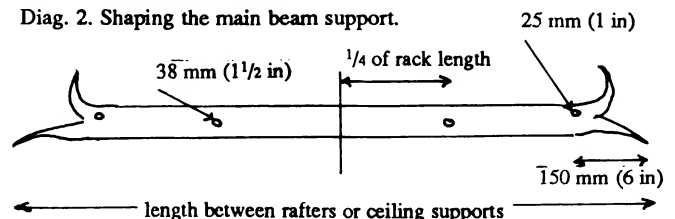
### The Main Beam Support

This main beam hangs on chains from the ceiling or rafters and from it hangs the rack itself. It is 95 x 9 mm (3 in x 3/8 in) flat steel and is the same length as the space between your rafters or suspension points in the ceiling. This may be more or less than the length of the rack.

Drill a 9 mm (3/8 in) hole 150 mm (6 in) from each end and 25 mm (1 in) from an edge which becomes the top edge. These are the suspension points. Now mark the centre of this main beam and measure on each side of this centre a distance of one quarter of your rack length and drill a 6 mm (1/4 in) hole 38 mm (1 1/2 in) from the edge. This locates the rigid supports to the rack.

Now fancy up the ends with the oxy torch. Cut a bit out and bend the others as in diagram 2, or according to your own tastes. In the 17th century rack this was of course hammer beaten out.

Diag. 2. Shaping the main beam support.



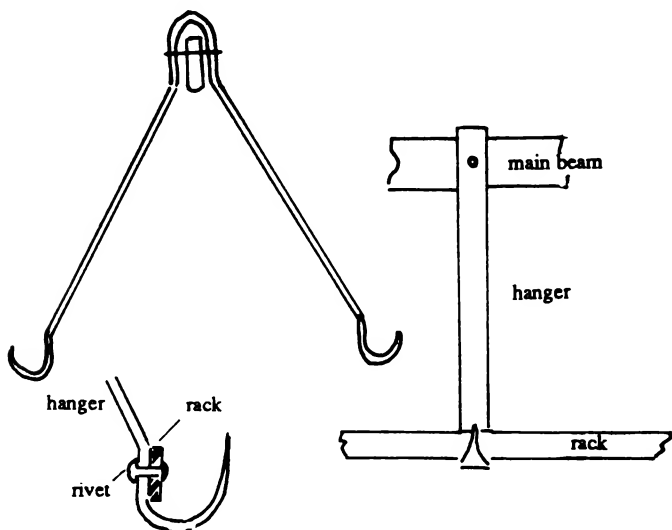
### Rack Hangers

These are two in number and connect the rack strip to the main beam. They are 25 x 6 mm (1 x 1/4 in) steel and the length is variable depending on the height of the ceiling or rafters. The

ends are cut to a point and are curved up with a diameter of about 50 mm (2 in).

All bends are heated and hammered. The centre is marked and bent flat around the main beam – lots of heat here – and then drilled through to connect with the holes on the main beam. All bolts are hammered to look like rivets. The rack and the hangers are drilled and bolted as in diagram 3.

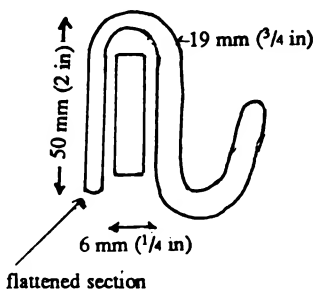
Diag. 3. Attaching the rack and hangers.



### Tool Hooks

These are made from 8 mm ( $\frac{5}{16}$  in) round steel rod. The part hanging on the rack is first flattened by heat and hammer and is then bent to shape over the rack steel. This way you achieve a tight fit on the rack. The end for the hanging of the tool is left in its round state and ground slightly but not to a point. When bent it is left slightly leaning outwards to receive the tool. If you don't flatten the hook it will wobble as you try to put the tool on. The hooks on the near side hang out and the ones on the opposite side hang in so the tools go straight on.

Diag. 4. Tool hooks.

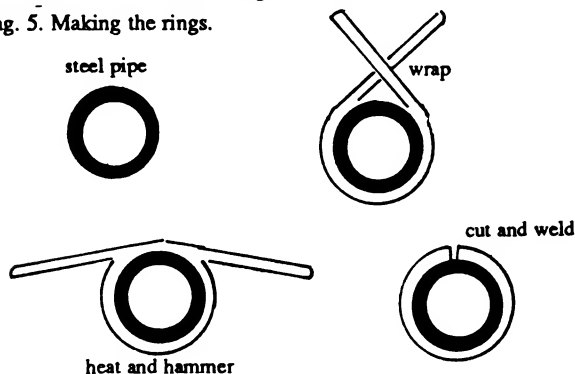


### Chains

To look the part, these need to be with links made of 6 mm ( $\frac{1}{4}$  in) steel with the hole in the link big enough to take the hook from which it will hang, or in my case 9 mm ( $\frac{3}{8}$  in) coach bolt into the rafter.

The chain is connected to the main beam with a ring made of 8 mm ( $\frac{5}{16}$  in) round steel rod (same as hooks) with a diameter of about 75 mm (3 in). At each end of the main beam pass the ring through both the hole near the end and the bottom link of the chain then oxy weld the ends of the ring together; in fact make the ring. One point to remember when bending any steel bar or rod or even strong wire, and applicable to making these rings, is don't try and bend or curve them with the exact length of steel. Use excess length and wind around a form. For these rings use a bit of 50 or 63 mm (2 or  $2\frac{1}{2}$  in) steel pipe as a form. For a 50 mm (2 in) pipe the circumference of the ring would be a bit over 3 times the external diameter of the pipe i.e.  $3 \times 63$  ( $2\frac{1}{2}$ ) equals 189 ( $7\frac{1}{2}$ ), say 200 mm (8 in) of steel rod. Take a bit about 380 mm (15 in) long and wrap it around as in diagram 5. Heat and hammer around pipe so the ends lie side by side, then cut and butt the ends together and weld.

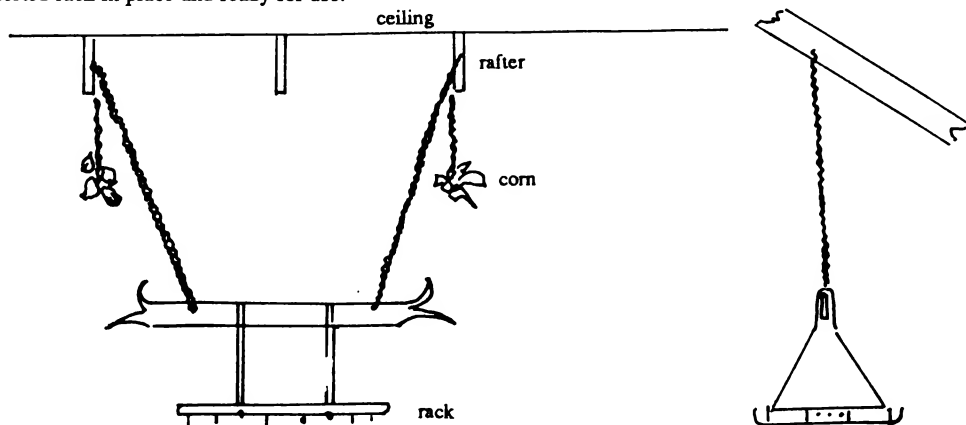
Diag. 5. Making the rings.



You are now ready to hang the rack. Use strong hooks or in my case 9 mm ( $\frac{3}{8}$  in) coach bolt into the side of the rafters. I left a bit of chain hanging at each end and sometimes have plaited garlic or a bundle of Indian corn or even a bundle of dried herb hanging from it – very decorative. And homely. And farmy.

Tom Richards is a regular contributor to the *Gippsland Self-Sufficiency & Conservation Group Newsletter*, which has many articles of interest to those with a do-it-yourself approach to life. RSD 96, Sheffield Rd, Neerim South 3831.

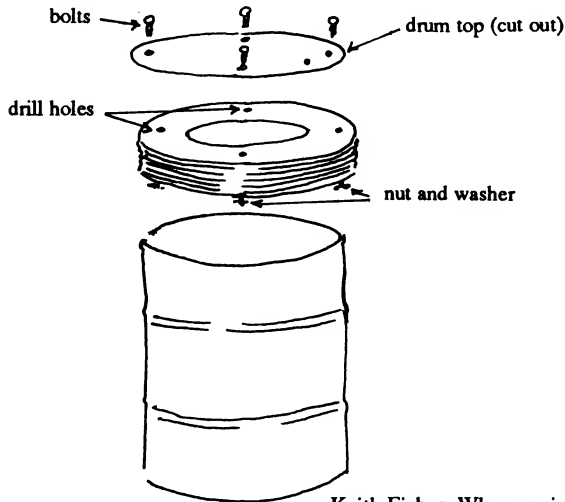
Diag. 6. The completed rack in place and ready for use.



# DO-IT-YOURSELF

## ANIMAL PROOF CONTAINER

When a large container is needed and must be animal proof cut the top off a 44 gal drum with a cold chisel and heavy hammer and bolt it to a car tyre which has been cut around the centre. A large size 175-13 or a 185-13 fits snugly over the outer edge of the drum. Don't try using a steel belted tyre as these are impossible to cut in half.



Keith Fisher, Whangarei, NZ.

## HANDY HINT

A mixture of two parts ammonia to one part turps will soften paint and make it easier to remove.

## SMOKING MEAT OR FISH

by Darcy Neill, Esperance, WA.

An elaborate smokehouse is not necessary to successfully smoke your own meat or fish – all you really need is a 44 gallon drum with both ends out of it and some metal rods to hang the meat from. Sit it on a couple of bricks or pieces of water pipe so it is just off the ground. Remove drum for the moment so you can establish the fire.

You will need a supply of dry hardwood sawdust. Spread out a circle of this where the drum will stand, making it about 12 mm (1/2 in) thick. To start the fire light a little kindling at one edge of the circle, the dry sawdust will soon start to smoulder. Allow the fire from the kindling to burn out. When the sawdust is smouldering well place the drum into position over it. Hang your fillets of meat or fish from the rods set across the top of the drum. Light gauge wire is suitable. Finally cover the top of the drum with one of the cut out ends.

You need to keep the sawdust smouldering for a minimum 24 hours – more usually – and you will have to add in extra sawdust from time to time. The idea is to keep the smoke down to a light haze – if you keep the level of sawdust maintained at about 12 mm (1/2 in) thick this is easier to do. Heavy dense smoke is to be avoided at all costs, it will only blacken the fillets. They are ready when they have taken on an attractive golden-brown colour.

Finally a hint for fire control – if the sawdust is inclined to burn too fast, sprinkle a little water over it and if it is slow and sulky, add a little saltpetre to encourage better burning.

## PENPALS

Hi! My name is Sarah Custers. You are wanted urgently! My letter box is starving and needs more people to write letters for it. I am 11 and would like a girl or boy penpal aged 11 to 13. I enjoy running, swimming and watching videos. Thanks.

**PO Box 656, NERANG 4211.**

Hi! I would like to correspond with people who care for the environment, like folk music, care for peace and being friends, can be any age between 17-30, male or female. I'm a 17 yo girl who likes the above, also sings folk songs and loves bush dancing. Also member of Old Folk Federation. Will reply to all letters – please write soon from Wales, Ireland, Scotland, England, Australia or anywhere.

**Aylwen Creevy, Mt Mee Rd, OCEAN VIEW 4521.**

Hi! My name is Carol Walicki and I am 9 years old. I would like a female penpal aged 8-11. I enjoy craft, horse riding, netball and bike riding. I will try to answer all letters.

**41 Hydræ St, REVESBY 2212.**

I am a 15 yo girl from Papua New Guinea. I love music, swimming, cycling, books, sports and travelling. I would love to hear from boys and girls aged 15-18.

**Evelyn Warren, Tusbab High School, PO Box 2034, YOMBA MADANG, PNG.**

G'day. My name is Tony MacBeth and I'm 17. I enjoy volleyball, music (all sorts) and horse riding. I would like to hear from males or females between the ages of 15-19.

**PO Box 416, COONABARABRAN 2357.**

I'd greatly appreciate a penfriend to write to. I'm aged 44 and I have many interests, including sewing, reading, gardening, craft.

**Merle Cooper, 55 Wills Rd, MACQUARIE FIELDS 2564.**

My interests are music (rock, pop, folk and country), collecting records, penpals, aerobics, reading, antiques. I am 40 and would like male and female penpals of any age. I will answer all letters.

**Sonya Lang, 206 William St, BATHURST 2795.**

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# KNITTING STITCH EMBROIDERY

by Dee Fuller, Grafton, 2460.

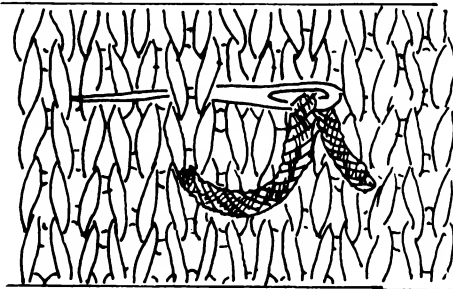
Old jumpers can be cheered up and new ones given a touch of flair by adding words or motifs with knitting stitch embroidery. It is a simple stitch which when completed resembles a 'V' and completely covers the existing stitch. So simple is it that even non knitters can use this stitch successfully.

Knitting stitch embroidery is usually worked in a contrasting colour to the basic garment, with yarn of the same thickness. This is essential if the stitch underneath is to be completely covered. Care should be taken whilst working to avoid pulling the yarn too tightly or your 'V' will become smaller than the stitch underneath and you will lose the overall effect. It is worth practising on an old jumper first, to ensure you get the hang of it, and is easiest worked using a tapestry rather than a darning needle.

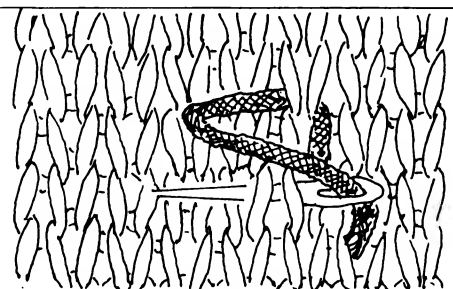
Before commencing embroidery spend a few minutes on design. Using graph paper, rough out the shape of your motif or word, remembering that each square represents one stitch. It is helpful too when planning a multi-coloured design if you colour in the graph with the colours you intend using. You can quickly see then if your design will work or not. Finally, ensure your design is placed exactly where you want it on the garment – it would be very disappointing to spend hours embroidering only to find the design is off centre. Prevent this by careful measuring and counting.

## METHOD

Thread the tapestry needle and bring it from the back of the garment through the centre of the stitch *below* the one to be covered. Then working from right to left take the needle through both strands of the stitch *above* the one to be covered.

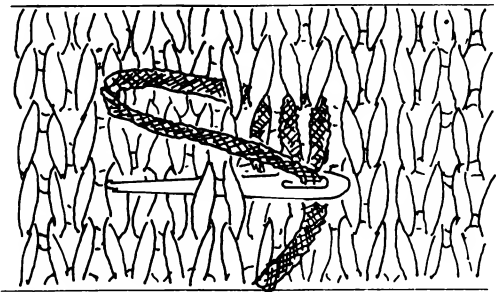


Bring the needle back to the start of the stitch and take it behind two strands in the row below and then up into the centre of the next stitch. This completes the basic technique for this

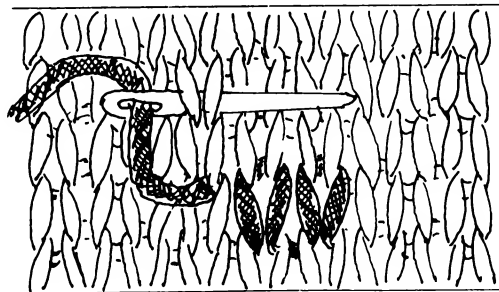


embroidery stitch – you simply repeat the process from now on.

So, having completed one stitch, you then take the needle under both strands of the stitch above the one to be covered as you did previously and then back to the start, etc, etc. You will of course be following the design on your graph as to the number of stitches you must complete. To finish off a row or colour, bring the needle back to the start of the stitch and through the back. Reweave it into the back of the work or leave a little thread and do it later.



For the second row, you bring the needle through from the back once again and through the centre of the stitch below the one to be covered, but this time you will be taking the needle from left to right. The process is exactly as previously described, the only difference being that you will be working across the garment from left to right. Row three, when you come to it, will be working right to left again. Continue your embroidery following the design until the motif is finished.



You will have realised by now that this is a very simple stitch. If you are stumped for designs, books on cross stitch, especially those for beginners, often have colourful and attractive ideas.



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# BIRD WATCHERS WANTED

by Frank Povah, Wollar, NSW.

Birds are important, economically and aesthetically. In their comings and goings they herald the seasonal changes and announce the blossoming and fading of native plant species. And I don't care what the newspapers say; I know that spring has arrived when I see the first rainbow bird and hear the first pallid cuckoo. There is not a farmer in this country who does not welcome the sight of huge flocks of ibis alighting on the paddocks. The delicate black-shouldered kite hovering above the pasture land is a sign to the observant landholder that the mice and grasshoppers do not have it all their own way. Who does not delight in the appearance and antics of the impossibly beautiful blue wrens? Then watch them in the vegie garden as they devour aphids, mites and other nasties and even the most dour among us can feel quite justified in greeting them with 'Who's a pretty boy then?'

Would you like to assist with the monitoring of the distribution of bird species in New South Wales, adding to our store of knowledge and providing data that can be used in conservation planning in the state? For only \$7 a year you can – all that is needed is a good reference book, binoculars (if you can afford them) and enthusiasm. New South Wales Bird Atlassers Inc is an organisation whose members are involved in one of the most extensive co-operative efforts ever undertaken in relation to the study of birds in the state. One hundred and seventy people from all walks of life are contributing to this effort, with 75 percent of membership being country-dwellers, many of them property owners – so much for the uncaring farmer myth. When you become an Atlasser, you will of course ask permission to enter private property to record birds. In so doing, you will be pleasantly surprised to find how proud many farmers are of 'their' birds.

If you live in the city, your contribution is of equal value. You can record the comeback that a few native species seem to be making in some urban areas, or you can sound the first warnings of a possible decline. As our largest cities are on the seaboard there are many seabirds and migratory waders to be recorded by members living in these areas. You don't have to be an expert to contribute. Each member's level of contribution is left to them to determine and, over time, members will have built up a strong list for each area surveyed.

For Atlassers' purposes the state is divided into 10' grid squares (i.e. one sixtieth of a degree of latitude/longitude, about 16 km/10 miles square in area). On joining, members nominate the area they wish to survey on a regular basis and they will be given assistance to determine latitude and longitude if needed. Over some period of time convenient to the recorder, completed record sheets are returned to the Atlas co-ordinator with relevant comments e.g. on any unusual sightings. This does not mean to say that records must be confined to only the area allotted to the recorder. Separate record sheets can be completed for areas that are visited only infrequently or once only – on holiday for example. What better way to keep the kids amused on a long car journey than to record bird sightings along the way? An adult or older child can keep note (with the aid of a map and overlay) of the area being traversed and

sightings can be jotted down for each area and later transferred to record sheets. This activity can be very important in plotting the distribution of species, especially in intensively farmed areas.

NSW Bird Atlassers hold annual camps, in different areas of the state each time, providing a chance to meet with fellow enthusiasts and to see birds in habitats that may be completely different to that around your home. On joining you will receive an information booklet, record sheets and a regular newsletter. In addition, occasional booklets are produced to aid with identification of species. A recent series on raptors was of great benefit to members.

Once the aim of at least one visit to each 10' block in the state is achieved, a looseleaf 'interim' atlas will be produced showing distribution of each species in New South Wales with a brief commentary on each. It will be kept up to date by issuing to members replacement maps whenever a significant change is noted. In the meantime, current information about particular species or locations will be available on request. A revised list of the birds of New South Wales is in preparation and a list of the rare, endangered and threatened species is being developed. Through the use of our database more factual assessment of the status of the birds of this state is being undertaken in a more comprehensive way than has previously been made. An annual report is to be issued on the significant species to continually monitor – and comment on – their status and management needs.

If you feel you would like to repay some of the debt we owe to birds, or if you would like to know more about New South Wales Bird Atlassers and their activities, write to the Membership Officer, Don Howarth, 'Ferndale', Freemantle Road, via Bathurst 2795.

## HANDY HINTS

When you buy bare-root nursery stock make sure you keep it moist until you have time to plant it. Recent research shows that adequate moisture is the most important factor in keeping such stock alive and healthy.

Fresh hard boiled eggs are harder to peel because of the carbon dioxide level that naturally occurs in fresh eggs. As the egg grows older the carbon dioxide is replaced by air and it becomes easier to peel.

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# THE POOR PERSON'S GUIDE TO GOAT FEEDING

by Dot Francis, Batesford, Vic.

'That willow out by your fence', I heard myself say, and wondered where I'd managed to pluck up enough cheek to march up to a perfect stranger, 'Would you mind if I took it away?'

He looked at me a bit bemused. I felt I owed him some explanation. After all, how many people normally go up to someone they don't know and offer to take away their prunings! When I called in (none too soon it seems), he was just about to load his trailer – destination, the tip. As it was, when I returned with our tandem trailer complete with a fair sized frame on top, he'd already taken all the large pieces of willow wood to the tip, thinking they'd be of no use to me. Perhaps I should have explained that as well as being a goat lady, I also have an open fire and willow wood, although scarce, is highly regarded here as it burns extremely well.

By choice we are on a low income, hubby having opted out of a rat race type job, in favour of a lower paid but more satisfying one. But it does present problems. Sometimes I feel the goats eat better than we do. My husband is sure they do! This perennial lack of finances forces us to look at the food (and firewood) potential in every tree we buy. I didn't realise until recently that in the 7 years I've been keeping goats my views on trees have changed dramatically, and now even every roadside tree is coloured by the 'Is it edible?' 'How well would one fit into the garden scheme?' and 'How well does it burn?' type of question, as well as the usual ones of shade, shelter and aesthetic appeal.

The same day that I collected the 2 very full trailer loads of willow, I went on my twice weekly trip for the cows' milk needed to supplement the goats' milk for our tribe of kids (short supply due to CAE eradication program). On the way home, this strange female (passers by must think so) can often be seen loading her car up with silver poplar that grows rampant alongside this country road and is a curse to everyone else, as it encroaches further out towards the road. The pruners are usually taken for this purpose, but because of all the willow – enough to feed our 22 goats and 2 horses for 10 days – I didn't take them. On passing this patch however, I found that the Council slasher had been to work, cut the roadside grass, then lifted up to 45 degree angle and slashed the poplar. So you've guessed it – I couldn't possibly leave good tucker lying there, going to waste!

For some time we'd been eyeing a then unknown European tree across the road from us. We simply hadn't taken a closer look at it, although it was fast becoming easier to see, with suckers heading in our direction at an alarming speed. Any time now I expected to find suckers pushing their way up through the gravel road, or finding that too much, travelling a little further and popping up on our side. I thought surely this tree that had surrounded an SEC pole and was threatening to cut it off completely from the outside world, like an impenetrable jungle requiring a machete to get within cooee, must have something in its favour. I always think of one definition of a weed, be it herb, tree or whatever I'm dealing

with, that states 'A weed is a plant whose virtues have not yet been discovered'. The more research I do on 'weeds' the more I'm convinced that they all do have virtues (whether they are virtues I'm looking for at that particular time is a different matter!) and they therefore fit into the category of simply being a plant out of place.

Now my first few books concerning goats didn't mention elm (we'd now established its identity) as a fodder tree. For that matter, they didn't mention most of the trees my goats happily munch on. The list is usually short – wattle, willow, tree lucerne, fruit tree prunings, and very little else. With this suckering elm, as with everything else, I have certain basic rules to adhere to in the process of deciding whether a plant is fit for goats to eat. They are never fed plants of any kind willy nilly without a thorough investigation first. My rules are as follows:

- First identify the plant or tree correctly – most important.
- Read all the information on that particular plant that you can
- Always try out on older goats first. Kids tend to just open their mouths at anything green – probably similar to the small human variety in that they just eat, or guzzle, because they are hungry or thirsty, no matter what it is.
- Always make sure that the goats have had a fair amount of dry feed first, and are not really hungry.

If you can find no mention of it being poisonous, proceed with the 'taste test', or perhaps I should say the 'sniff test'. Wave a leaf in front of their nose first to determine their reaction. I have three grades of this:

- must be good fodder – eyes light up, much sniffing and interest shown, and they immediately want to taste it;
- reasonable fodder – moderate interest, sniffing and attempts at tasting;
- poor fodder – no real interest, half hearted sniffing, and no real attempt at tasting. This could indicate also that it might be harmful, or perhaps harmful at that particular time of year, or stage of growth. In this case it is not fed to them.

If I decide that their reaction is of the first or second type I offer one small leaf and monitor them closely. If it is eaten eagerly and no adverse reactions occur, 2-3 leaves are offered the following day. If there is still no reaction, it is increased gradually until it is given fairly freely. My methods may seem haphazard to many, but by following the above rules I have never been wrong.

Many longtime goatkeepers probably know all the trees and plants that can be safely given to their animals, but as we don't have any of those people for neighbours it has been a long slow process to gather information from all our various sources – organic schools, seminars and conferences where we picked experts' brains, European acquaintances, as well as much research in our own reference library. If we can't identify a plant from photos and descriptions, it is taken to our local Botanic Gardens experts. If they aren't sure, we go to the Herbarium in Melbourne, taking of course a specimen with flowers where possible.

On the same day as the willow and poplar episodes, I noticed Council workers with their brushcutters, hacking away at the fennel that grows on the steep embankment in front of our property – it's definitely a feast or famine situation here, and obviously at that point it was feasting time. My girls love fennel too. I had fears that it may taint the milk, but so far we've not noticed any obvious taste.

My introduction to trees that goats will eat came early on, when Biscuit as a youngster found her way out of the paddock, we had no idea how or where at that stage, and proceeded to demolish the nearest plantation of native trees, which also happened to be the newest plantation, every time I was out of sight. I replanted and she redemolished – most of the next lot too, before we caught her in the act of wriggling sideways through a dip under the fence. From that we learnt that most natives go down well, and we added grevilleas, hakeas, banksias, sheoaks and callistemons to the list of edibles. Banksias in particular were relished, so when we later established a fodder plantation they were a 'must'. Although not a fast grower, they add a bit of variety occasionally, and the flowers provide nectar for the native birds, which we are trying to encourage.

Two native creepers, *Kennedia nigricans* and *Kennedia rubicunda*, are also relished and, being rampant climbers, provide plenty of food. I have heard that a *Kennedia* variety in WA is poisonous, but as yet have not been able to ascertain whether this is true.

I haven't mentioned melaleucas. We became wary of the common *Melaleuca armillaris* after an early experience. Our first plantation was next to the goats' main paddock, the melaleucas being one sided trees like everything else along there. We thought that as it obviously did no harm in a help themselves situation, a couple of pruned branches would be OK. Not so. The 2 goats we had at the time were quite off colour for 24 hours afterwards. As a melaleuca was the only survivor of Biscuit's onslaught, it obviously has no great appeal. Perhaps it is only harmful at a particular time of year, but I haven't been game to try it again.

Black locust is one we bought in the early days at an organic school, then finding no references to it as food for animals, thought we'd goofed there. However the 'taste test' revealed that it was yummy food. Being a legume, I presume it has similar food value to wattles. The largest of these is growing at tremendous speed and therefore provides plenty of tucker. Last year I cut it back to 2 m (7 ft) high. This year it has doubled in height and I'll need a ladder. Next year I'm sure I won't reach the top, but there's plenty on the sides to cut from. Coprosma is another they'll eat, perhaps a little lower in their estimation than wattles, but quite edible all the same.

It surprises me that a plant with the family name of Caprifoliaceae, literally translated from the Latin meaning goat's foliage, has escaped the notice of writers of goats' feeds. Many Latin names take considerable time to decipher, but Caprifoliaceae shouldn't be one of them. With the French calling it *chevre-feuille*, and the Italians *capri-foglio*, it's obviously well known in those areas. If you're still scratching your head, it is none other than honeysuckle. We grow both the climber and bush types, which are equally vigorous. As well as being good food, these plants have medicinal properties,

helpful for chest complaints and for expelling worms. I'm considering planting some closer to the goats, so I don't have as far to cart it. Honeysuckle is probably not as effective as wormwood for worm problems, but if fed regularly it does help to reduce the need for drenching.

A herb I deliberately planted near the goats, but not where they can get their munchers on it, is comfrey. I made that mistake with the chooks, planting a row of comfrey just outside their fence, and it didn't take long for them to kill it. That is no mean feat as anyone who has tried to get rid of it would know. In its growing season, they are fed a little nearly every day, though with my current tribe they wouldn't have much more than 1 or 2 leaves each. Comfrey is a marvellous herb, having been used as animal fodder for over 2000 years. Its old country name was knitbone, referring to its power of speeding up the healing process of fractured bones. It can be beaten to a pulp, and bandaged over bruised areas or those small bone fractures that occasionally occur. (Change the comfrey poultice daily, until improvement is noticed – with small fractures this could be up to 2 weeks.) With any fractures at all, feed comfrey too. Comfrey also helps chest complaints.

There are many common herbs which form part of goats' fare in their native countries, and keep them healthy. Sage, rosemary, parsley, marjoram (or oregano) and lavender are tonic herbs that many of you will no doubt have growing. Grapevines and raspberries are also 'herbs' and relished. At present, several of my grapevines look very motheaten (after a breakout), my 'moths' differing somewhat from an entomologist's version!

The last drought was an education. When feed became scarce (and expensive), it forced us to look more closely at the weeds growing in the garden – actually anything that looked vaguely green. We were starting to feel desperate at that stage. We'd fed them milk thistle, amaranth, marshmallow, and dock as they ate these in their paddock as well, the latter three when they developed seed heads – no doubt the food value is higher then, and in the case of amaranth, I presume the oxalate content is lower then. (Silverbeet and beetroot also contain oxalates so



Due to a mail hold up this delightful shot of Angora kids arrived too late to accompany the article 'Angora Goats and Mohair' last issue. The does vary in their mothering ability, but using small kidding paddocks helps. By two weeks the kids are out and playing like this lively lot.

these are not fed in any great quantity, and if you do overfeed these they usually end up wasting it anyway). As with any other plant – identify the weed first. Most of the 60 odd varieties in our garden are edible. The three exceptions are petty spurge, a small erect plant with milky sap, hemlock which is quite poisonous, and black nightshade. The common variegated bamboo was another lifesaver at that time, and was the plant most remembered. We had a patch planted by previous owners, starting to gallop along a drain. It was relished by our girls, so the whole lot was moved up to the fodder plantation.

From all this you no doubt have formed the opinion that this constitutes our goat feeding. Far from it. They have hay ad lib, lucerne and oaten chaff, oats, barley, bran, linseed meal, lupins and occasionally seaweed meal, in the mornings. They don't necessarily receive all of these at the one time, but do have at least four, more if I have the necessary wherewithal to buy it. But whenever possible I do try to feed a variety of tree branches and other greenstuff for their evening meal. These are taken from our plantations in which natives predominate, but

include all the trees I've already mentioned, plus tea trees, honey locusts, carobs, kowhai, hawthorn and olives. There are many more trees we could investigate, but as we already have over 300 trees on our 2½ acres, there's probably not much point. Of course at this time of year (January) I summer prune fruit trees as well for them. It doesn't seem anywhere near the chore it used to be when I winter pruned. Perhaps having a purpose other than next year's kindling, has something to do with it.

Of course as avid organic gardeners (my husband being the Victorian Farm Inspector for Organic Standards), we believe in practising what we preach. For animals and animal products to be recognised as organic, they must have 80 percent of organically grown food. As it is difficult to find sources of organic food, we feel that by utilising our own fodder plantations, we are closer to achieving our goals. All who taste our goats's milk comment on the flavour, stating it is far superior to any other they've tried. We may not produce quite as high a yield milkwise as some, but personally I'll have the flavour for preference any day.



Some of the outstanding stock from Oliver and Jeanette Haydock-Wilson's 300 strong Angora goat stud near Bungendore, NSW. The breeding of these goats and the inevitable upgrading of stock and their mohair is fascinating, as they wrote in their article on establishing a stud in GR 73 page 21. An informative article, it is a must for anyone contemplating this type of enterprise.





# USING EXCESS GOATS' MILK

by Carolyn Beard, Biggenden, Qld.

Little Dear, our coloured milking goat has just had a female kid to a Cashmere, so Jasmine is a white curly kid with a brown coloured head. She's absolutely adorable, spritely and healthy. Of course Little Dear is in full milk production again. Sally our Saanen milker is in her late stages and should be expecting pretty soon too, so very shortly we'll have more milk than we can handle. We'll have yoghurt, cheese and custard coming out of our ears again. With this in mind, I thought other readers might like to share my ways of making use of some of the surplus.

## RECIPES

### Yoghurt

- 2 tbsp yoghurt culture (available from health food stores – or I find the Bornhoffer Natural Yoghurt an adequate substitute)
- 1 dsp cornflour
- 1 lt (1<sup>3</sup>/<sub>4</sub> pt) goats' or skim milk

Warm up your milk in a thick bottomed saucepan to 88°C/190°F (use a confectioners or preserving thermometer to check this) and keep at this temperature for 20 minutes. Then place the saucepan with the lid on in cold water to cool down to approx. 46°C/115°F. While it is cooling pour some hot water into one or two thermos flasks to warm them up. When the milk is cooled to 46°C/115°F place yoghurt or culture into the milk and stir with a plastic spatula.

Add the cornflour dissolved in a little water or milk to the mixture to thicken it up a bit. Empty the water out of the thermos, pour the yoghurt in, seal tightly and leave in a warm place for 6-8 hours or overnight. Then pour out into a clean container to keep in the fridge. This yoghurt will keep for a week but is best eaten as soon as possible.

### Cottage Cheese

- 750-1000 ml (1<sup>1</sup>/<sub>4</sub>-1<sup>3</sup>/<sub>4</sub> pt) milk
- 2 junket tablets (unflavoured)

Warm the milk to lukewarm (no warmer). Crush the junket tablets between 2 spoons, sprinkle into the milk and stir slightly. In a few minutes you will have a thick custard-like texture. With the knife cut the cheese into slices downwards and then the other way so you have cubes of cheese. Leave the cheese in the saucepan for about 10 minutes, for the curds to separate from the whey. Line a colander with muslin, pour the cheese out into the muslin and bring up the corners together and tie tightly with string. I usually tie this to a tap in the sink and let it drip through the colander into a bowl overnight. In the morning open up the bag and you should have a ball of cheese which you can break down with a fork into a small container. After you have mashed it enough you could add any herbs, garlic or shallots or other preferred flavourings. It's delicious with cracker biscuits.

### Cream Goat Cheese

- 1 l (2 pts) milk
- 2 tbsp lemon juice

Bring milk to the boil, add the lemon and leave on heat for a short while to prevent curdling. Stir then allow to stand for



Daughter Kathryn with our three goats, Sally the Saanen, coloured Little Dear and her mischievous kid Jasmine.

10 minutes. Spoon into cheesecloth or muslin bag and leave to drain. When the cheese is peeled away from the muslin it should leave very little curd on the bag. Flavourings should be added before refrigerating.

### Creamy Icecream with Goat's Milk

- 1 egg, separated
- 1/2 cup raw sugar
- 2 cups goats' cream
- 2 cups goats' milk
- 1 tsp lemon juice
- 1/2 tsp vanilla

Beat egg white till frothy, gradually add sugar. Beat in egg yolk, stir in cream, milk, flavourings and pour into trays and freeze. Crushed fresh fruit can be added if desired.

## HANDY HINT

If your crystal vase has become stained through a deposit of grime at the bottom, fill with water containing one or two teaspoons of ammonia and leave for several hours, then wash and rinse clean.

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# Thrifty Cleaning

by Vicki Judd, Nunawading, Vic.

There's one thing I've noticed since I've had children – the cleaning never seems to get finished. I go around picking up toys, clothes and whatever else the boys have tossed on the floor, then try to sweep up the dirt, only to find that they've thrown 3 times as much on the floor behind me.

The other thing I've noticed (long before the arrival of the boys) is the high price of cleaning products, laundry detergents and so on. The companies which manufacture these products spend huge amounts of money for advertising to try to convince us that we need a different product to clean each surface around the home and we need at least 4 products to do our laundry, plus an ironing spray.

Personally, I don't believe all that nonsense, and I'm sure that there are very few who do. I use one product to wash floors, wipe benches, clean the bath and basin, clean the loo, wipe the stove top and so on, and I only use soap powder in the laundry.

The trouble is that with only one income it's getting too difficult to afford to buy these products as well as feed and clothe a growing family, so I'm turning more and more to alternatives. Use grated soap (home made or otherwise) in the laundry, try spraying water on the ironing (use one of those spray bottles from the gardening department) – it worked fine for grandma. Try using tea to clean most surfaces, and make your own furniture and floor polishes and bath cleaner. I've included some recipes that I've found useful recently, and they're cheap –or even free in the case of the tea leaf cleaner. I hope those of you who try any of these recipes have as much success as I've had with them.

## CLEANERS FOR ALL OCCASIONS

### Tea Leaf Cleaner

Collect used tea leaves in a bucket for a week, then add 1 litre (1<sup>3</sup>/<sub>4</sub> pt) of boiling water. Leave for an hour, strain and bottle the liquid. Good for mirrors, glass, doors, furniture and lino –polish up with a soft duster.

### Furniture Polish

Mix equal quantities of vinegar and olive oil, shake well and bottle. Apply sparingly to furniture and rub thoroughly with a clean soft cloth for a high polish.

### Floor Polish

An economical cleaner for lino floors can be made by mixing 1 cup of vinegar and 1/2 cup raw linseed oil. Shake well and bottle. Rub on the floor with a clean cloth.

### Hard Washing Soap

- 3 kg (6<sup>1</sup>/<sub>2</sub> lb) mutton fat (unsalted)
- 500 g (1 lb) caustic soda
- 2 l (3<sup>1</sup>/<sub>2</sub> pt) water

Melt the mutton fat and allow to cool, but not set. Using a large glass or other non-corrosive container, slowly (and very carefully!) add the caustic soda to the water – it will bubble for a while and grow hot – and when it has dissolved set aside until just warm. Pour the liquid fat into the water solution and stir until well combined (around 2 minutes). Pour the mixture into a mould, cover with a tea towel and leave in a warm place

for 24 hours. Cut into 5 cm (2 in) squares and leave to dry for a month before using.

### Bath Cleaner

- 4 tbsp flour
- 4 tbsp vinegar
- 8 tbsp peroxide

Mix all ingredients into a paste, smear onto the bath and leave overnight. Wash off with cold water.

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# TYPES OF WOOD HEATERS

Victorian Solar Energy Council

The features of different types of wood heaters are easier to understand if you know a little about how wood burns. For wood to burn there must be sufficient oxygen (from the air) and temperatures must be high enough. When a piece of wood is heated at about 200°C (392°F) it begins to give off gases (volatiles). At about 400°C (752°F) this release is very rapid. These gases are flammable but they will not ignite unless they come into contact with a flame or are heated to over 800°C (1472°F). If wood is heated rapidly, half to two thirds of the energy in the wood can be released in these gases. The remaining energy is in the charcoal that is left behind. The flames you see in a wood fire are the burning gases, the glowing red embers are the burning pieces of charcoal.

The need to burn both gases and charcoal for high efficiency is the biggest problem in wood heater design. The ideal heater will allow just enough air into the heater to ensure that all gases and the charcoal will burn; too much air means some of the heat is unnecessarily carried up the flue or chimney. In practice, however, it is necessary to allow a little extra air in because the air and gases don't usually mix perfectly for combustion. For maximum heat production the gas and air need to mix and be retained in the heater for as long as possible. Once the wood is burnt it is necessary to transfer the heat produced from the heater into the house for space heating, and into a hot water tank for water heating.

In practice, it is not possible to transfer all the energy from the wood into the house as useful heat. Some unburnt fuel (unburnt gases) and some heat (as hot flue gas) are always lost. An overall efficiency of 70 to 80 percent is extremely good for a wood burning heater.

## MAIN TYPES OF WOOD BURNERS

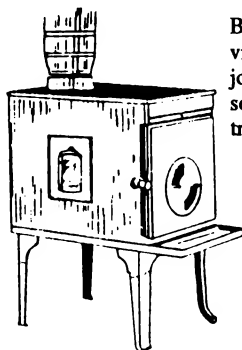
### Open Fires and Fireplace Inserts

The traditional open fire is made from brick or stone. These fires radiate heat from the flames and hot embers, creating a zone of comfort immediately in front of the fire. Once the fire has been burning for some time the brick-work of the chimney will warm up and provide some heating as well. Open fires can create a very pleasant atmosphere but they lose a lot of heat up the chimney. As the quantity of air passing through the fire cannot be controlled, far more air enters the fire than is necessary for combustion of the fuel. If the chimney is made smaller or closed off too far with an adjustable damper to reduce the draught, the fire will probably smoke.

The efficiency of open fires is only 10 to 30 percent. When burning wood, the fire is more efficient if there is a healthy blaze with plenty of flame and embers because it is the flame and embers which radiate the heat into the room. A smoky fire with little flame can still consume wood but will give off very little heat. If burning coal or briquettes it is necessary to use a grate to allow air in under the fire.

A number of devices are available which are intended to increase the efficiency of open fires. Most of these attempt to recover some of the heat from the hot air and smoke before it is lost up the chimney. This can be done by inducing natural air flows in pipes or metal ducts installed around the fire to heat the air in the room. In other cases, fans are used to circulate warm air. Tests done in the United States on some of these devices have shown that the efficiency of the open fire might be improved by only 10 to 15 percent. Treat some of the claims that these types of devices can be used to heat a whole house

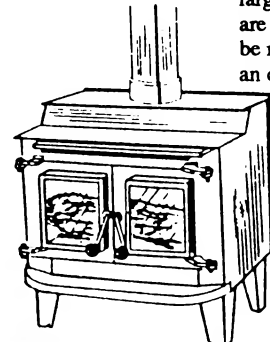
### Types of Wood Heaters



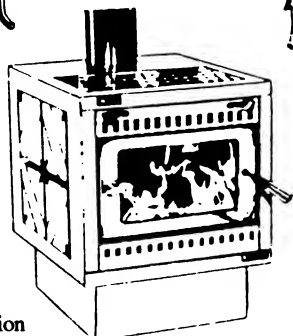
Box heater or Scandinavian style heater. All joins and doors must seal well for good control of combustion.



Pot belly heater, an example of a non-airtight heater. If all joins and door surrounds are sealed control of burning rate is improved.



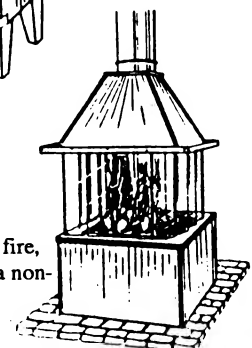
Step stove, an example of a larger size box heater. Some are designed so that they can be run with doors open like an open fire (but efficiency decreases when the doors are open).



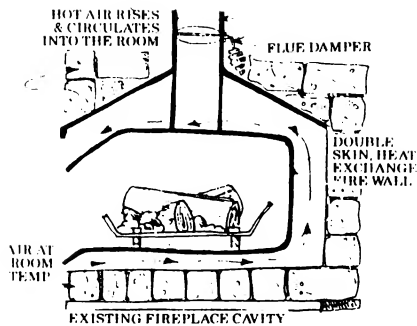
An example of an improved combustion-controlled heater.



Pre-fabricated metal open fire.



Glass enclosed fire, an example of a non-airtight heater.



Open fireplace insert showing double-skin heat exchange and damper. with caution. The open fire with these devices will still be far less efficient than the enclosed heaters discussed below.

Prefabricated metal open fires are also available, and can often be installed with little modification to a house. If the installation is on a wooden floor, great care must be taken to ensure the hearth is adequate and complies to building regulations because these fires can transfer a lot of heat to the hearth.

A range of metal fireplace inserts are available for building into open fireplaces. Some of these duct air around the fire and provide dampers for combustion air control while leaving the fire open to the room. The ducted hot air can be released back into the room or ducted into other rooms. These units tend to have relatively low efficiencies because of inadequate control of combustion air and high heat loss up the chimney. Fireplace inserts can be fitted with doors and air controls and can fall into the category of non-airtight and controlled-combustion heaters. Here efficiencies 5-10 percent less than their free-standing equivalents can be expected because they are built into the brick fireplace and chimney.

Masonry fireplaces cost from \$1500 to build. Prefabricated open fires and inserts cost from \$500 to \$1500 (plus installation).

### Non-airtight Heaters

There are several types of non-airtight heaters including some pot-belly heaters, some box heaters, and most of the glass

enclosed fires. The common feature of these types of heaters is that air enters the heater through small gaps between joints in the metal, around the glass panels, or around doors and ash removal trays. This air, which is additional to the air entering through the controllable combustion air inlets, means that it is hard to control the burning rate and so the heaters tend to burn fuel more quickly and require more attention than controlled-combustion heaters. The non-airtight heaters are typically 30 to 40 percent efficient. The glass enclosed fires are usually at the lower end of this range.

The pot-belly heaters and simple box stoves are quite inexpensive at \$200 to \$600 (with flue). They are well suited to holiday home applications where efficiency and convenience might be less important. The glass enclosed fires are more expensive at \$1000 to \$2000; they are suitable for use where high heat outputs are not required but appearance is important.

### Controlled-combustion Heaters

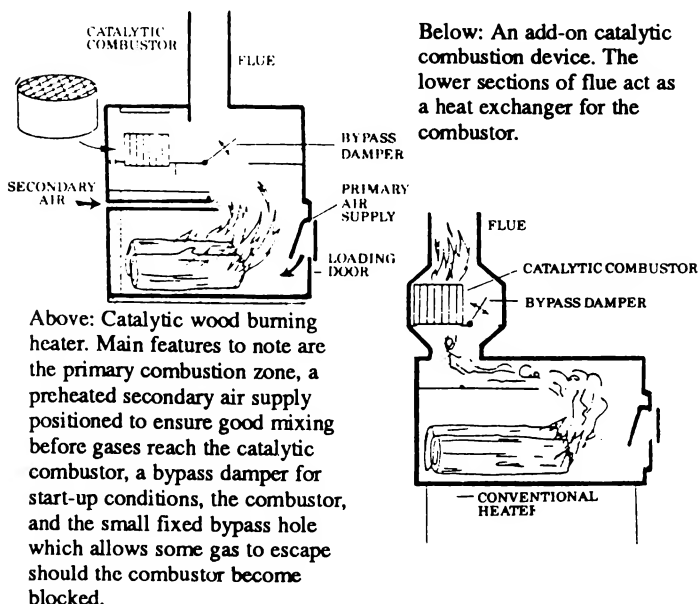
These are heaters in which the rate at which the fuel burns can be controlled and limited by the amount of combustion air entering through an adjustable air inlet. When the air inlet or inlets are fully opened there is ample air for combustion and the fuel burns vigorously. As the air is reduced the fire does not receive enough air to sustain a high combustion rate and combustion dies down until it is burning at a rate suited to the air supply. This gives good control of heat output. These heaters burn efficiently at medium and high burn rates because the fire is quite hot and there is plenty of air to burn the combustible gases released from the fuel. At slow burn rates the fire is usually a slow smoky fire and there may not be sufficient air to burn all the gases, so efficiency is decreased and there is more smoke and creosote produced.

Examples of simple controlled-combustion heaters include box heaters with all metal joints sealed and seals around doors, some pot-belly heaters with sealed joints, and some of the 'step stoves', variations of the simple box heater which have been popular in North America. Many of the controlled-combustion heaters have baffles in the fire-box. The baffles cause turbulence which helps mix the combustible gases with the combustion air and gives the gases more time to burn in the heater, resulting in better efficiency. The efficiency of simple controlled-combustion heaters ranges from 20 to 75 percent depending on how they are used. The price of these types of heaters ranges from about \$400 to \$1200 depending mainly on their size and quality. They provide good low-cost heating provided they are well used and correctly sized for the heating need.

### Improved Controlled-combustion Heaters

Most of the improved controlled-combustion heaters are technically advanced refinements of the heaters discussed previously. Through careful design the efficiency is improved, although at slow burn rates efficiency is still less than at medium and high burn rates. The efficiency is 30 to 80 percent with about 60 percent being typical for sensible operation. Some of these heaters have glass panels in the door (the glass is usually a 'ceramic glass' which is very strong and heat resistant). Some have tiles on the sides, others are designed to fit into fireplaces as fireplace-insert heaters.

Most of the improved controlled-combustion heaters have one or more baffles. Some also preheat the combustion air which can improve efficiency by increasing the temperatures in





the combustion zone. Some heaters have a second air supply which is intended to ensure that there is always sufficient air to burn all the gases given off by the wood, even when the main air supply, which determines the rate of combustion, is set very low. The modern controlled-combustion heater involves reliable but complicated design with baffles, secondary air inlets and secondary combustion zones to ensure high efficiency and low pollution.

The improved controlled-combustion heaters range in price from about \$800 to \$1500. They have proved very popular as they combine good efficiency with a range of styles to suit most tastes.

#### Catalytic Heaters

Some wood heater technology includes the use of catalysts. A catalyst is something which speeds up a chemical reaction without being used up itself. In wood heaters the catalyst (which is usually a noble metal such as platinum) means that the smoke and gases given off by the wood will burn at much lower temperatures than if the catalyst wasn't present. This means cleaner burning, less creosote and higher efficiencies at slow burn rates. Tests carried out in the United States have shown that the efficiency of catalytic heaters can be up to 10 percent higher than heaters without catalysts.

In practice catalysts do wear out. Most will need replacement after 2 or 3 years although some new types are claimed to last up to 6 years (check the warranty on the catalyst itself). The life of the catalyst will be drastically shortened if plastic, paint, treated wood or other rubbish is burnt in the heater. Most catalysts should not be used with coal (check with the manufacturer).

Heaters with catalysts cost about \$200 more than similar heaters without catalysts. Replacement catalysts cost \$100 to \$150. Add-on catalytic combustors are available for most free standing heaters, though they are not as effective as heaters designed with a built in catalyst.

#### Radiant and Convective Heaters

Any type of enclosed heater discussed above (non-airtight through to catalytic) can be designed as either a radiant or convective type of heater. The VSEC brochure *Buying a wood heater* describes these two types of heater and their relative merits.

#### OTHER WOOD BURNERS

##### Slow Combustion Cooking Stoves

Modern slow combustion stoves can provide improved performance and convenience of operation. Features such as thermometers and double glazed windows now make cooking more simple. The controls of the firebox allow slow combustion for safe overnight burning. Accurate adjustments can be made to temperatures for cooking on the hot plates or in the oven. Since the walls of the stove are well insulated, not much of the heat produced is available for home heating. However, optional extra equipment for the heating of water for domestic purposes or home central heating is compatible with most models. Care, however, should be taken in assessing the heating capabilities of units for these applications.

##### Central Heating Boilers and Furnaces

Wood may also be used in some central heating boilers and furnaces. Boilers are used with water-filled radiators and in-slab

floor heating and furnaces are used for ducted warm-air systems. A few models are designed to run on oil, gas or electricity in addition to wood. Some central heating boilers are combined with slow combustion cooking stoves (all of these rely on water for the central heating). Others are stand-alone appliances intended for installation in a kitchen, laundry, basement or boiler shed.

Most boilers and furnaces will require refuelling at least once a day. In North America, systems are available which make use of automatic wood-chip, wood pellet or coal feeding to avoid the need for daily fuel loading; such systems can be obtained in Australia but are not yet widely used. Correct sizing of central heating boilers and furnaces is very important. If a boiler or furnace is too big it will have to run on a low setting most of the time. This results in low efficiency and leads to creosote and smoke problems if firewood is burnt. Some boilers burn their fuel quickly and store heat in a large water tank for release into the house as required. These are easier to match to a particular heating load.

Central heating boilers or furnaces cost from about \$1500 upwards, excluding radiators, ducts and installation.

#### Other VSEC Wood Burning Publications

*Buying a wood heater*

*Wood fuels*

*Installation check list for wood heaters*

*Heating costs*

*Operating hints for wood heaters*

*Wood heating glossary*

Information provided by the Victorian Solar Energy Council, 10th Floor, 270 Flinders St, Melbourne 3000. Ph: 03-654-4533.

# ECOWISE

*We are looking for suppliers or manufacturers of ecologically sound products who want to secure distribution in Sydney. Products will be retailed and promoted from our inner city warehouse. There is also location for an alternative nursery and bakery for sublease.*

Please contact Rowan Dixon  
Ecowise Pty. Ltd., 148 Beattie St,  
BALMAIN 2041  
Ph: 02-5551322.

#### CRYPTIC GRASSWORD *Continued from page 45*

B	A	F	F	L	E	+	S	L	A	V	E	R
E	+	O	+	+	+	+	+	+	+	E	+	U
W	A	R	S	A	W	+	G	U	E	S	T	S
A	+	M	+	U	+	B	+	N	+	T	+	T
R	+	A	B	S	C	O	N	D	E	R	+	L
E	+	T	+	T	+	Y	+	E	+	Y	+	E
+	+	+	G	R	O	C	E	R	Y	+	+	+
T	+	E	+	A	+	O	+	F	+	A	+	N
R	+	S	O	L	U	T	I	O	N	S	+	U
A	+	C	+	I	+	T	+	O	+	Y	+	R
V	I	O	L	A	S	+	S	T	A	L	L	S
E	+	R	+	+	+	+	+	+	+	U	+	E
L	I	T	T	E	R	+	C	O	S	M	O	S

# OZONE LAYER DEPLETION

by Brian Alexander, Lismore, NSW.

One of the most widely discussed but least understood topics in the environmental debate is the depletion of the ozone layer from the effect of decaying CFC gases.

I am a complete layman as far as this subject is concerned, and have been farming on 20 acres at Nimbin since 1976 as well as being a *Grass Roots* reader. Of late I have concluded that living at Mountain Top, Nimbin is opting out too much from what is going on around, hence I have done this research on ozone as I consider it to be the major environmental question of today and one that is not well explained, by the media.

## BACKGROUND

Ozone is a randomly occurring molecule in the high stratosphere and can be found between 35 and 60 km (22-37 miles) high. Chemically ozone is called trioxxygen and has a chemical symbol of O<sub>3</sub>. There is very little ozone existing at any one time and if all the ozone were to be spread out evenly over the surface of our planet at sea level (and with normal atmospheric pressure), it would be only 3 mm or 1/8 in thick. Ozone is created and destroyed by the effect of solar radiation and is kept in balance by natural actions and reactions, making our planet a safe environment for the life forms which have evolved. Most ozone is created in the equatorial regions and it is distributed to the temperate regions by seasonal stratospheric wind currents.

Recently the decaying of CFC gases in the stratosphere has instigated an unnatural breakdown of ozone. It can take from 15 to 100 years for CFC gas to break down in the stratosphere, and what we are seeing today is the effect of what we did in 1974 and before. the reason that CFC gases cause this is that their extremely slow rate of deterioration allows them to reach the high stratosphere before being broken down by solar radiation. In the breakdown process a free chlorine atom is produced and it combines with an oxygen atom from ozone to form chlorine oxide (ClO, a greenhouse gas) and turning the O<sub>3</sub> ozone into O<sub>2</sub> molecular oxygen. It has been suggested as long ago as 1974 that this was likely to happen but only since the development of the 'Antarctic Hole' have scientists been interested in the phenomenon. The hole is caused by the circum-polar winds not allowing a fresh charge of ozone through to Antarctica until spring when the circum-polar vortex is broken down. There is not a circum-polar vortex to the same extent in the northern hemisphere because of the land masses of USSR and Canada, therefore the reason for a hole in the North Polar region is more disturbing.

## EFFECTS OF OZONE DEPLETION

Ozone has the capacity to absorb the harmful energy in the UV-B range of solar radiation. This is the radiation which causes sunburn and skin cancer. A very small decrease in ozone will double the amount of UV-B radiation reaching the ground, and if ozone depletion continues there will be a several fold increase in cancers, eye cataracts and harmful effects to the immune system.

The effect on marine life of extra UV-B radiation reaching the surface of the sea will be very serious. Plankton which lives on the surface and is the bottom of the marine food chain will suffer reproductive problems and similar effects will be felt by

later links in the food chain. Little research has been done on the effects on plant life and what has been done is on food crops. Decaying CFC gases also contribute to the 'Greenhouse Effect' and it has been calculated that they will be responsible for 20 percent of projected global warming.

## HOW CFCs ARE USED

The initial use for CFC gases was as a propellant in aerosol packs – they are being replaced now by hydrocarbons, which theoretically decay quicker and at a lower altitude.

The largest use for CFCs at present is the blowing of holes or bubbles in foam rubber, plastic packaging and in polystyrene products. This uses CFC 11, which takes 75 years to totally break down in the atmosphere. Car air conditioners, which always leak some gas, use CFC 12 which takes 110 years to totally break down, but the most damaging of all are the halons, used in 'sophisticated' fire fighting systems, which are 10 times more damaging to ozone than other CFCs. CFCs are also used as industrial solvents, dry cleaning fluids, computer cleaning solvents and industrial detergents.

Domestic refrigeration now uses CFC 22 which although not technically a CFC is classed as a halocarbon because of the presence of hydrogen in its make up. This modern chemical cocktail is supposedly ozone safe. It does however have a free chlorine atom in its formula and an atmospheric lifetime of 20 years so while it is not as damaging as the older CFCs it does have the capacity to destroy ozone. CFC 22 has the added disadvantage of producing a large amount of very harmful greenhouse gases.

## WHAT WE CAN DO ABOUT IT

There is nothing we can do about what is up there now, or for that matter what is on its way up there, but a lot can be done by starting a recovery system for spent gas from old household fridges and compressor-type household air conditioners. Car air conditioners should be avoided: they are very wasteful of their gas as they constantly leak through flexible hoses. They also use extra fuel to power the compressor which adds greenhouse gases unnecessarily to the atmosphere. Try driving with the window open for a change, fresh air can be good for you!

The most wasteful use of CFCs, however, must be the blowing of bubbles in foam products. They are used as take away food containers, packing, foam mattresses, insulation, car seats and furnishings, to name but a few applications. After the blowing operation the gas is not recovered and is vented to the atmosphere. We should be making the makers and distributors of products which use ozone depleting technology aware of the damage their industry is doing and try to use alternatives.

What we do today will not have an effect on the ozone concentrations in the stratosphere until at least the year 2005, and if we let the CFC industry worldwide continue to prosper, mankind will have to become nocturnal by the middle of next century. If we want to leave our children an environment where they can watch their children enjoy natural outdoor pleasures we need to curtail the production of CFC gases now and safely destroy what still exists. The future for all life forms in an ozone free planet is too horrific to contemplate.

# Down home on the farm...

by Megg Miller



It's a quiet Sunday afternoon, grey and chilly, only the repetitious cry of a Guinea hen breaks the winter stillness. Too cold to garden or potter about, it's the sort of day one goes back to bed or curls up in an armchair with a good book or some knitting. We don't have many quiet weekends here, usually they are punctuated by the ringing of the phone and appearance of visitors come to talk about cattle and poultry. On busy days there may be ten, fifteen people. When a slow weekend like this one comes up, we revel in its quiescence. People often say 'We've read DHOF and your life sounds just like ours', and I think poor you and hope frankly that it isn't. Between us we've taken on too much and so it's a life of go, go, go. Not that we really mind that, nor the fact that we're habitually behind with schedules and workloads. What we mind is not having enough quiet time, the sort that heals the psyche as well as the body and allows one the mental space to sort through life's debris and cast away the unwanted and unnecessary. We do ourselves a disservice by not making more time but try as we do we can only manage these recuperative weekends once or twice a year.

We had time yesterday to sit and chat the afternoon away with my father. David had made scones and we drank coffee as we warmed our vitals by the fire and talked of his recent 80th birthday celebration, a resounding success. During these convivialities we heard an imperious beep-beep-beep from outside. Birds on the road I thought, my heart leaping into my mouth, but as it kept stridently on, no, it was obviously more serious. 'You go out', I called, smelling trouble. We heard the slamming of doors and all was silent. Funny, there didn't seem to be the noise of a car driving off. 'What was it?' we asked our hero. 'That smart chook,' he said, 'she's been in the van with all the wheat and she wanted to get out'. I guess everyone has one, a supersmart chook, duck, goat or whatever that is streets ahead of its mates and because of its intelligent behaviour becomes either much loved or hated. Brownie is a crossbreed, a rarity here, and she has a twisted beak that normally would mean she was put down at hatching. Because her cross is ideal for improving the colour of my much loved Faverolle breed she was given a reprieve although her beak deformity makes feeding difficult. She's learned to raid the storage bins and get tucker whenever she can and she can find her way in and out of every yard and shed on the place. It's obvious she has learnt how to slip into the van unnoticed and to attract attention when she's finished. I hope she leaves it at that, precocious poultry can be real pains.

Our winter here, like in many other areas, has been wet and it doesn't take much for this place, or the farm for that matter, to become a quagmire. As usual the mire is exacerbated by too many fowls who have not been content with just churning up the paths but have also moved through the garden like locusts. Early spring is always selling time and I know that in a matter of weeks most will be off my hands, but in the meantime I'm caught up with deadlines and they are pests... but pests or not many are laying. Last winter I scored one or two eggs regularly, the year before I recall buying some, but this year nature has

gone topsy turvy and even some of the geriatrics are churning the eggs out like pullets. Friends have cited parallels amongst their plants so whether it is a sign of an extra early spring, or another example of nature in confusion because of the greater changes wrought upon the environment, only time will tell. It's an honour to have full baskets now but what price the birds' normal laying patterns? Perhaps nature is undergoing such changes it is redefining normality.

The school holidays have just finished in Victoria and Suni has gone back to boarding school. The hols were only a two week break but the phone ran hot for most of it, friends from school 'ringing in' and Suni returning calls at all hours. Fourteen is obviously a very social age. Talking about school one day I asked her if she wouldn't prefer to be a weekly boarder again, she looked horrified and muttered about 'all my friends...'. A year ago she was engulfed by a long bout of homesickness and she and we despaired of it ever easing. It's a relief to know that this cutting of the apron strings is a sign that it's well behind her. In between the phone calls, writing postcards and keeping the diary, this sunny child turned her hand to culinary delights providing dinner and delicious cakes. And then there were dishes, piles and piles she washed, all with a clenched jaw. She doesn't like such tasks – does any teenager? – but was a sport and helped out because of our deadlines. It was very quiet when she went back, the house and in particular the bathroom tidy but boring after the clutter and colour of the previous fortnight. And the dishes – it was back to doing them ourselves.

I should be writing this from our new house on the farm but it's going to be a while before we get there. 'Have you moved yet?' people ask when they ring up, and I restrain myself from stating the obvious that we couldn't have if we're still answering the same number. 'No,' I say, 'David has spent the house money on cattle and a cattle shed and whilst I'm not fussed about where and how I live I don't fancy sharing with the bovines.' Poultry? Well... When the time is right putting a house up and moving over will come easily – it's fraught with so many difficulties now that it's obviously not the right time yet. We've had a house site bulldozed, plus a couple of stretches for fowl houses but it's been too wet to do anything else. We've just had a house moved up for Wayne, who helps with the running of the place in David's absence, and when that's restumped and refitted it will be a start, and perhaps sometime in the near future we'll start on our place. The waiting hasn't worried me, it's really not important where I live. I'm not a house person, I don't express myself in a house and always feel a tinge of envy when I visit friends and see the lovely homes they have created and the special little touches. I was definitely behind the door when they gave out homemaking skills. You can't be good at everything, I think consolingly as I look at the dust and clutter in our pokey little house. Untidy it is, with a few friendly spiderwebs, cats in the chairs and no doubt mould in the fridge, but more importantly, it's home. And we all need one.

# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## **FRUIT GROWING IN WARM CLIMATES – Pax Lindsay & Brian Cull.**

This book provides detailed information on growing avocado, banana, custard apple, lychee, macadamia, mango, passionfruit and pawpaw, from the selection of the growing site and adjustments for changing climatic conditions, through to marketing or eating the fruit. These sub-tropical fruits can be grown in all coastal and sub-coastal areas of NSW through to Qld, in WA and NT and along the Murray River in western NSW and Vic into SA. People wishing to grow these particular fruits in the suggested areas will find this a handy, easy to read text containing all the necessary information, although it is rather limited in its scope for the size. There are a number of other fruits suited to these climates that have not been mentioned. The inclusion of colour photographs would also have made the book more attractive, if not more useful to the general reader. However, the book is very reasonably priced for a hardback and represents good value for anyone interested in growing the fruits listed either for home use or as a commercial venture.

H/b, 88 pp, Aust, Reed Books. Distributed by Gordon & Gotch. RRP \$9.95.

## **BACKYARD ELECTRICAL SYSTEMS: A LOW COST PERSPECTIVE – Greg Clitheroe.**

Anyone using electricity away from conventional mains sources will find valuable information in this booklet. This includes people producing their own power from a hydro-turbine or solar panels to those simply using a portable generator. The author has had direct experience with the technology of producing home-made power, however technical jargon has been avoided as much as possible so even beginners in this field can understand the simple language and clear presentation. The primary aim of the book is to provide a number of alternatives and supplements to the typical systems recommended by most solar shops. The possibility of converting appliances to DC drives, as well as the advantages and versatility of the DC motor, are explored. Much of the information cannot be found elsewhere and the author has avoided repeating anything which would be found in most introductory texts on the subject of alternative energy.

P/b, 30 pp, Appropriate Community Technology Association (ACTA), 88A Keen St, Lismore 2480. RRP \$5 plus \$1 postage.

## **PICTURE IT IN CROSS STITCH – Jo Verso.**

Cross stitch embroidery has long been one of the most popular needlecrafts. This book instructs readers, step by step, in how to design their own unique embroidery. Jo Verso has designed a series of patterns to enable the embroiderer to create pictures in a truly personal way. A wide range of motifs is presented, for which no drawing ability is needed, as all the patterns are designed on a mix and match basis and need only be copied, adapted and assembled into a personal creation. Basic advice is given on design, materials, drawing up the chart, sewing materials and stitching the design. Instructions are given for a wide variety of projects of a bright and lively style. Illustration charts and embroideries are meticulously prepared, lavishly coloured and easy to follow. Some allowance may have to be made for the fact that the book was originally published in the UK, but most materials mentioned should be readily available here. The author has many years experience of her craft, both teaching cross stitch design and undertaking design commissions. This experience has helped her to provide a book which will be, for anyone interested in this craft, a pleasure to use.

H/b, 128 pp, Aust, Greenhouse Publications. Distributed by Macmillan Aust. RRP \$27.95.

## **BLIZZARD'S ACTION TOYS – Richard Blizzard.**

From a very early age Richard Blizzard has been obsessed with making things. He started with small boats floated on a garden pond.

His interests rapidly developed to engines, trains and planes. In England a television programme featuring his woodworking projects has made him a household name. Now any moderately handy parent or grandparent can have the benefit of his experience and enthusiasm. The book provides detailed plans and instructions for making 17 imaginative wooden toys, each one illustrated with a stunning colour photograph. The projects are carefully graded from a simple chunky Scoota truck for the novice carpenter, to a fully operating fire engine for the more ambitious. Clearly drawn complete line diagrams, detailed cutting lists, advice on choosing timber, together with details of the vital finishing touches, are all included. The toys are sturdy, safe and exciting, all having working, moving parts to give hours of creative pleasure for children of any age.

H/b, 115 pp, UK, Allen & Unwin. RRP \$34.95.

## **NATIVE GARDENS: HOW TO CREATE AN AUSTRALIAN LANDSCAPE – Bill Molyneux and Ross Macdonald.**

Bill Molyneux and Ross Macdonald are recognised authorities on native plants; both have previous gardening books to their credit and both run nurseries. They believe that this book is the first to deal in depth with designing gardens using Australian plants in an Australian landscape. It shows you how to make a garden plan and how to work through the stages of attaining an attractive, low maintenance garden that will provide pleasure and time in which to enjoy it as relaxation, rather than labour. Some of the many exciting projects described are: retaining walls and banks, rockeries, paths, steps, driveways, bridges, courtyards, terraces, children's areas. A native garden does not have to be confined to country areas or large blocks of land. This book deals with inner city gardens and their special problems, roof gardens and even nature strips. The generous use of colour as well as black and white photographs and sketches is a delightful complement to the text. All keen gardeners will find this book a joy to read and to use.

P/b, 168 pp, Aust. Nelson, RRP \$24.95.

## **RELAX AND BE HAPPY: TECHNIQUES FOR 5-18 YEAR OLDS – Jane Madders.**

It is a myth that childhood is always happy for there is much to frighten, frustrate and humiliate the growing young person. This book shows how parents, teachers and social workers can help children cope with the stressful feelings often associated with growing up, by introducing children to methods of relaxation at home and at school. It describes relaxation exercises and self-help techniques that will encourage the confidence, self-awareness and self-esteem necessary to cope with life's ups and downs. Many of the exercises, especially those aimed at younger children, involve enjoyable dramatisation, through movement and posture, of children's 'bad' feelings. Older children can learn how to manage stress during exams, interviews and social situations and how to relax to reduce fatigue. There is also a section on massage to aid relaxation, reduce stress and relieve muscular tension – a valuable activity for parents and children to share. The book is well illustrated with black and white photographs. Jane Madders has qualifications in both physical education and physiotherapy. She has taught in child-guidance clinics dealing with nervous and over-active children and has held classes for migraine sufferers.

P/b, 144 pp, Allen & Unwin, Aust. RRP \$19.95.

## **THE FANTASTIC FLYING JOURNEY – Gerald Durrell.**

World renowned naturalist and conservationist Gerald Durrell's latest children's book is a blend of high adventure, humour and fascinating animal lore, with a strong conservation message. Three children are taken on an amazing round-the-world balloon journey. In each continent along the way they stop, meet the animals, and learn many interesting details about the animals and their environment.

H/b, 144 pp, UK, Guild Publishing London. Distributed by Octopus. RRP \$17.95.



# ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

## CHILDBIRTH VIDEO

Finally an educational video is available for all parents considering homebirth. Although this film primarily addresses the preparation for homebirth all pregnant women, midwives and educators will find the presentation most informative and of enormous help. The educational segments in the video include nutrition, exercise, childbirth education, homebirth preparation and breast feeding. The producer has also recorded interviews with mothers and midwives to help you to make an informed choice as to how you wish to experience the birth of your child. For further information and prices write to:

Julie Ann Young, PO Box 29, REDCLIFFE 4020. Ph: 07-283-1810.

## HOME FOOD DEHYDRATOR

The Harvest Maid Home Food Dehydrator brings a new look to a very old process. Dehydrating is an alternative form of preservation in which, because of the process of gentle drying, an extremely high percentage of nutrients is retained. It is a natural process involving no additives. Harvest Maid have two models available, one larger than the other. Choose the size that suits your needs to take advantage of seasonal produce, bulk food purchases and do-it-yourself health foods. Dehydrated food stored in ideal conditions has a long shelf-life and has the added advantage of reducing foodstuffs to a quarter or even an eighth of its original volume. A solid tray accessory is also available to enable you to dry semi-liquids, soups and sauces.

The Harvest Maid Home Food Dehydrator is electric, has an adjustable temperature control and thermostat. Extra trays may be added at no additional running cost as most drying is completed overnight. A comprehensive 64 page instruction booklet is included which features recipes as well. For further information write to: Home Food Dehydrators, 75 Lockwood Road, BELGRAVE SOUTH 3160. Ph: 03-754-2735. Tasmania, Ph: 004-254-884.

## SPINNING WHEELS

The name of Ashford has been known in the handicraft world since 1934. Ashford Handicrafts, a leader in the manufacture of quality spinning wheels and weaving looms, have released a brochure of the complete list of their hardware and all the accessories. Using only the finest of native hardwood this New Zealand company has years of research and development knowledge to offer the beginner or expert. All products require minimal home assembly and come complete with hardware, fully illustrated assembly and teaching guide. Join the thousands spinning and weaving, experience the joy of creation, of using raw materials, of being with like-minded craftspeople, developing self-sufficiency or starting a new business. For further information contact the Australian branch office:

Gay Epstein, Travellers Rest, Snowy Mountains Highway, COOMA 2630. Ph: 064-524-422. Fax: 064-524-523.

## WHOLE FARM PLANNING BOOKLET

Whole farm planning is the consideration of the total assets of the farm – the soil, water, stock, pastures, crops and wildlife and how to make the best use of them on your particular property. With increasing pressure to maintain our standard of living farmers must aim to use each hectare of land to maximum returns over the whole farm enterprise, using the land in such a way that this yield can be sustained indefinitely. In many areas there has been a gradual reduction in productive capacity of our land by inappropriate or old fashioned land use, resulting in problems of salinity, erosion, tree decline or soil acidity. The farm plan suggestions in the booklet have been prepared with a particular need in mind, such as soil erosion, water supply and tree establishment. Preparing a whole farm plan is a valuable exercise in increasing your understanding of the inter-relationship of your management, profitability and lifestyle with the physical attributes of your farm. *Whole Farm Planning – Principles and Options*, compiled and edited by Brian Garrett, Conservation, Forests and Lands, was funded by the State Salinity Program. Enquiries to:

Max Grange, Land Protection Division, 5th Floor, 250 Victoria Pde, EAST MELBOURNE 3002. Ph: 02-412-4703.

## CAPERS

The Childbirth and Parenting Education Resources and Services catalogue has been expanded significantly to give a greater opportunity for the public to purchase a wider range of items. There is a comprehensive range of books available for the family along with booklets and leaflets at discount prices. CAPERS offers teaching aids in the form of models, charts, posters, reference books and video tapes. Videotapes are available for purchase only and are generally VHS.

Other merchandise available are the Lamby Lambskin, the Hugger Baby Carrier and the Original Dr Sears Baby Sling. This last unique and versatile item is available in patterned cotton, padded over the shoulder, along your back and wherever the edges of the sling press against baby's torso and legs. With baby's weight distributed over your shoulders and hips it is most comfortable to wear. Baby lies facing the wearer or sits in a variety of positions. The sling is also machine washable. The advertised price is \$45. Postage and freight is extra. To obtain a catalogue and order form write to:

CAPERS, PO Box 567, NUNDAH 4012. Ph: 07-266-9573.

## LP GAS FREEZER

Finally a large capacity LP Gas Freezer has been made available for people whose home is on an unpowered site. This freezer has many design features that make it most attractive. It has a durable working top with a stain resistant ABS lid liner. High density polyurethane foam insulation helps to maintain a daily average gas consumption of only 1.3 lb, and it's silent! It also contains a stackable freezer basket, which is great for storing small items. The freezer dimensions are: height – 900 mm (36 in); width – 1035 mm (41 in); depth – 685 mm (27 in). Capacity is 210 litres (7½ cu ft). The appliance is of the single burner type with constant gas flow (no thermostat involved). The burner is preset and should not require adjustment. At present the Kottokool OG 210, 210 litre Domestic LP Gas Freezer RRP is \$1650. Stockists are as follows:

Victoria – DP REFRIGERATION Ph: 03-431-0204.

QLD – HALLCROMS REFRIGERATION Ph: 07-208-4822.

NSW – GAS & DOMESTIC REFRIGERATION SERVICES Ph: 02-681-4365.

WA – PERTH FREEZER CENTRE Ph: 09-328-5733.



# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

TEN VACANT ACRES Lake Macquarie area. Beaut parcel of land \$155,000. Ph: Maree on 049-771-107 ext 210 during BH for full info.

COFFS HARBOUR 30 miles, 120 ac, private, forested, 2 dwellings, river frontage, waterfall, organic orchard, \$160,000. Ph: 066-536-254.

TAYLORS ARM Beaut rainforest retreat. Perm river, stone house on 1/3 share 43 ac, no power, swimming hole, s/c stove & 40 gal hw tank, phone avail. \$38,000. Ph: 065-695-473.

OLDER STYLE country home on large block 12 min from Coonabarabran. Land avail for stock. \$50,000. Phone for details: 068-427-881.

TAYLOR'S ARM - 1/4 ac attractive house block, sealed road, town water etc. \$9000 ONO. Ph: 067-785-037.

3 B/R HOUSE amongst trees. 20 ac, creek, town water, 5 min town. Ph: 066-624-597 Casino.

NORTH COAST NSW 1000 ac between Grafton and Casino. Buildings, extensive ck flats, forested hills, creeks and lagoons. Adjoins state forest. Regrettable forced sale. \$130,000 ONO. Enquiries PO Box 518, BYRON BAY 2481.

DRESS CIRCLE 1 ac overlooking sml northern rivers hamlet, town water, elec, phone, walk to school, pub, shops, police and PO. Also small river front lease for grazing. \$16,000. No offers. Phone owner 066-331-353 AH.

DESPERATE TO SELL New England NE NSW. My partner and I have split up. We need \$35,000 to clear debts. Paid \$50,000, owner built, council approved, inground self contained house, overlooking river, on alternative community. Diesel pump/generator, fridge, washing mach, hw, flush toilet (indoors), rock craft room. Wood bunkhouse sleeps 5 visitors or kids. Concrete driveway. Large garden fenced. Waterbed & furniture neg. 03-434-2730.

ASHFORD NTH NSW 1730 ac - freehold. Fully fenced, millable timbers, access roads, suit subdivision. Two dams, home site with views, power/phone avail. Orchard, achool bus, 5 km to town. Vendor terms avail, \$200,000. Ph: 03-857-6316.

### QUEENSLAND

VERY SECLUDED 5 AC with views 10 km south of Nambour, Palmwoods area, with unusual 24 sq architect designed nat wood home. Lge verandahs, high ceilings, 40 x 40 paved courtyard, solar hw, 10,000 gal tank. Income from 200 organically grown fruit trees incl avocados, lychees, custard apples, exotic fruits, citrus, bananas, pawpaws, pineapples. All irrigated by electric pump from perm water supply. 3000 native and rainforest trees planted. No chemical fertiliser or sprays used on land for 20 years. A nature lover's get away from it all paradise. School bus passes. \$189,000. Ph: 071-459-503.

RIVER BURRUM FRONTAGE property of 1/3 ac, cleared and mown with some shade trees, deep water anchorage, flood free, power and water avail. 3 km to the town of Howard and close to the city of Maryborough. Also Hervey Bay and Burrum Heads. Freehold. \$26,000. Ph: 071-231-588, AH 071-294-985.

GLASSHOUSE MOUNTAIN AREA - quality 2 ac secluded behind own rainforest gully and ck, site cleared, power, town water, veggie garden, good soil, 5 mins school, shops, electric rail, commute Brisbane or Sunshine Coast or retire. Buyers market, investment area, \$49,000. Julian Golding, C/- PO, BEERWAH 4519. Ph: 075-311-564.

JIMBOOMBA 40 km Brisbane, 30 km Beaudesert. 10 ac bush complete with wombats, wallabies and ck, gently sloping. \$55,000 neg or exchange for ac near Tumut. Ph: 02-481-9774 evenings.

STANTHORPE AREA - most beautiful 145 ac in granite belt. Nat pk style secluded but close to town (15 min), school (10 min). Ck /out the 1 property. Waterfalls, possible weir. 2 ac cleared suit for self-sufficiency, levelled housesite. Plenty granite rocks (building). Alternative minded neighbours. Unfinished dream, \$37,000. Ph: 076-812-744.

MALENY. Be self-sufficient, consign surplus to co-op. 1.658 ha fertile sheltered NE slope, 3 km town, 3 y.o. red cedar house, 2 b/r, sunr/m, wide verandahs, great views. 43 varieties fruit, mostly bearing, vegies, all organic! 3 dams, kikuyu pasture, fenced, sheds. \$169,000 ONO. Ph: 071-942-949. PO Box 308, MALENY 4552.

MAGNETIC ISLAND off Townsville, tropical north, fully serviced building block 669 sq m, walk to beach, shops, transport, close to Nat Pk which is 75% of island. Best of both worlds. Due to divorce quick sale, worth \$40,000 sell \$35,000. Ph: Alex 02-365-3845.

CHEMICAL FREE 'Animal Farm' 28 ac with perm ck supporting cattle, sheep, goats, geese, 40 sow piggery and wide variety producing fruit trees, sited 18 km from Bundaberg. 3 B/R B/V home with self cont studio. \$139,000. For further details write: C/- J Dieben, 77 Mulgrave St, GIN GIN 4671. Ph: 071-772-403.

BLOOMFIELD 19 1/2 ac, 40 x 20 ft steel frame shelter, phone, elec bore irrigation, rare tropical fruit trees, fenced, 1 mile river and village, close to beach, \$130,000. S Prout, M/S 15, Bloomfield via COOKTOWN 4871. Ph: 070-608-184.

FAR NORTH QUEENSLAND NW Atherton Tablelands. Quiet village atmosphere. 5 B/R, sep dining, lounge, lge porch. Fully fanned and screened. Landscaped 2 ac, fenced, sheds, aviaries, ponds. Many mature tropical fruit trees. Bore plus town water. Many extras. \$70,000. No offers. Ph: 070-970-209.

CAMERONS POCKET Whitsunday area. Established fully equipped orchard provides income in picturesque mountain valley bordering Nat Pk. 2 B/R cottage, s/pool and more, 6.9 ac, all facilities, 20 km to beach. Orchard managed by 1-2 people offers relaxed rewarding lifestyle. \$130,000. Phone owner: 079-588-254 between 9 am-2 pm.

RUSSEL ISLAND Redland Bay Qld - block of land for sale on Russel Island, near Redland Bay Qld, \$7500. For more info contact Colin Thompson, 64 Valley View Rd, ROLEYST-ONE 6111.

KORENAN 40 ac, 1/2 fenced, seasonal ck, cleared house site, 15 min Miriam Vale, 30 min Agnes Waters. \$24,000. Ph: 071-794-257.

GYMPIE - 57 AC. Freehold hilly bushland, small A-frame house, state forest 3 sides, phone, concrete tank, wood stove, hot water, perm. dam, 11 km south of Gympie. \$65,000. Ph: 02-699-4249.

10 MINUTES from beautiful Mission Beach, shops etc., walking distance to rainforest reserve. 14 1/2 ac cleared level block, loamy soil ex-cane farm, few hundred metres bitumen road, power at bitumen. Well maintained road past block, \$60,000. Ph: 077-438-283.

SUNSHINE COAST 45 beautiful fertile ac, organically developed and maintained for 8 years. The property forms the end of a small secluded valley only 3 km to the west of Nambour town centre. Walking distance to schools, TAFE college and child-care centre. Close to hospitals, elec trains, work opport. and beaches. A perm ck, waterfalls, dams, orchard with favourable aspect, several thousand valuable timber and rainforest trees create the perfect living environment. Ideally suited for Group Title Development - up to 14 Strata Titles, for families and friends seeking a healthy lifestyle with emphasis on self reliance, security and privacy. Contact: Max Lindegger Permaculture Consultancy, 56 Isabella Ave, NAMBOUR 4560. Ph: 071-412-749. Brochure available.

CAPRICORN COAST FARM 17 ac two houses. One house has 2 s/cont flats with beautiful seaviews. Steel constructed shed 18 x 9 m, 1 km from beach, 3 km to harbour, 5 km to town, 38 mango trees, water, power, \$190,000 ONO or exchange for Tasmania property with cash adjustment. Ph: 003-831-180 or 079-396-861.

### VICTORIA

FARMLET 3 B/R comfortable W/B home, combustion heating, air-con, dishwasher, gas cooking, elec hot water, r/w tank, phone, plus self cont bungalow on 4 ac with water irrigation permit, subdivided into small paddocks with dams; fruit, fodder and shelter trees, aviaries, pens, shedding, femery, carport, w/shop. Self-sufficient, situated Harcourt Valley off major highway 1 1/2 hrs Melbourne, 1/2 hr Bendigo. Ph: 054-742-557. \$93,000 on 1/2 deposit, balance at 12 1/2%.

ST ARNAUD 22 ac adjoining state forest, dam, caravans, water tank. Perfect opport for owner builder, within town boundaries. \$16,000. Ph: 03-557-2500, 03-354-3487.

NW VICTORIA - Linga: lge appealing country home on 1 ac of land set in peaceful natural surroundings near nat pk. Lge kit with wood comb & gas stoves, lounge - wood heater, air cond; 3 lge B/R, s/out, patio. Bungalow suit for granny flat, lge sheds with pit, plenty r/w tanks. \$25,000. Ph: 050-946-209.

# GRASSIFIEDS

## PROPERTY FOR SALE

### VICTORIA

117 YO W/B CHURCH converted to 3 B/R residence on 5 ac in Stanley. Cool mountain climate, high rainfall, occasional snow. Orchard and berry country. Short stroll to school, pub and store, 10 mins to Beechworth, 45 mins Alb/Wod, 35 mins Wangaratta. Power and water, partly bush, cottage garden, ready for sheep or goats. \$130,000. Ph: 057-282-503.

HATTAH LAKES NATIONAL PARK Freehold B/V home of character on 3 ac. Low maintenance. Well appointed. Orchard. Organic vegies. Native garden and paddock. Ideal for studio/craft outlet or peaceful retirement. \$89,000. Phone Sheila or Bill Kelly on 050-293-252.

20 ACRES CLEARED, hilly, some trees planted, perm stream through middle of block. Prefer permaculture, alternative energy or tree-planting person. \$40,000. P Gardner, C/-PO, ENSAY 3895.

### TASMANIA

TWO BEDROOM HOUSE three ac at Lorinna Tasmania on Lake Cethana, alternative community. Lge generator, perm water from spring, wood heater, combustion gas stoves, phone, fully insulated, close to Lake Barrington and Cradle Mountain Nat Pk, 45 mins from Devonport city. \$35,500. Hinds, RSD 408, OLDINA 7325.

WITHIN TOWN BOUNDARY of St Helen's, sundrenched open plan living. Compact timber home on 4 ac. Fertile soil, fenced, dam plus town water, lge garage, est garden and fruit trees. \$62,000. Ph: 003-761-848.

'PIONEER HOUSE', near Pioneer. 166 sq m home has 135 sq m verandah all around, 4 B/R, completely lined in Tasmanian timbers (different one each room), lge upstairs loungeroom. Incl 18 x 6 m steel frame concrete floor w/shop/garage, 2 1/2 ha pasture and bush. Well watered: 48,000 l underground tank, reliable dam, optional bore. 35 min Scottsdale (sealed road). PO, shops, school nearby. Ideal base for carpenter, joiner, electrician, plumber (none based in municipality). \$97,000. Ph: Graeme Briton 003-542-458.

GOOD 4 BED W/BOARD home on approx 3 ac adjacent Nat Pk. Paling fenced, outbuildings, perm dam, school bus, store, great environment. Elderly owner needs smaller property. \$50,000. Ph: 002-983-186.

## COMMUNITIES

AVALON HAS SHARES available for environmentally minded people. Surveyed homesites, all-weather access roads, spring water connected. 360 forested acres incl 100 ac of common and perm winding ck. Secure company title. Price \$13,700 for 3-5 ac. Full details: Sophia Andrea, PO Box 136 NIMBIN 2480. Ph: 066-891-305.

HUTTERIAN COMMUNITIES are growing, but not in Australia. They are Christian communities, follow the Bible closely, keep common purse, avoid military service, avoid

usury and trading for profit. If you know any communities like it, please write. If you believe and want to follow these principles, your letter especially welcome. Contact Kevin Smith, PO Box 213, KATOOMBA 2780.

COMBOYNE 587 ACRES 40% rainforest, balance open forest, river, cks, elevated house site, expansive views, good soil, approx. 25 ac per share, seventh share remains. \$13,500. Ph: 065-874-303.

WRITER AND NURSE with 2 young children seek community share, with or without dwelling, radius Lismore, Armidale, Taree. Mains power needed. Advertiser, Cottage 8, Springfield Station, GOULBURN 2580.

FIBRE ARTIST craftswoman with 2 children relocating to rural property 1/2 hour drive from Taree is interested in people wanting to build home in unpolluted 200 ac bush property. Good road, power, share in company \$10,000. Envision shared childcare, gardening, transport. Wonderful lifestyle for those with some money and lots of energy. Phone Kathy 02-798-8115. 18 Spencer St SUMMER HILL 2130.

NSW PEOPLE UNDER 30 years to share virgin wilderness with fresh water rivers. Near Yowrie on the south coast. Grow your own vegies and animals, ride a horse, build a house. \$1500 per year rent/donation towards equipment. Please write to M Harrison, 12 Fairhaven Point Way, WALLAGA LAKE 2546.

ELANDS COMBOYNE AREA 1/4 share of 250 ha, 3 B/R house, 12V/240V solar power, new bathrm & septic system. 2 dams, s/c stove H/W, new gas stove and fridge, gardens & fruit trees. \$59,000. Ph: 065-504-185.

COUNCIL APPROVED hamlet development, Murwillumbah area. Only a few shares left, approx 12 ac each. Some cleared, majority beautiful rainforest setting. Adjoins state forest. All weather access. Write to: Palmview, 13A Beauty Point Road, MORISSET 2264. Ph: AH 066-793-333.

VESPER COMMUNITY CO-OPERATIVE is a group of spiritually minded (not religious) vegetarians forming a community based on personal growth, planetary healing and financial self-sufficiency. Now a fully registered land settlement co-operative, we are purchasing 150 ac of beautiful, productive, agricultural and rainforest country in the foothills of the Vic Alps (120 km east of Melbourne). We are seeking like-minded people prepared to commit spiritual, physical and financial resources towards creating an ideal lifestyle. Financial commitment based on 15 households will be \$25,000. Non-residential involvement is also possible. Contact Danny Spijer, 83 Falls Road, KALORAMA 3766. Ph: 03-728-4813, or Brian Reed 03-862-2122 w/days.

## WANTED TO RENT

MIDDLE-AGED COUPLE, with 2 elderly dogs and 1 cat, seek elderly house to rent for approx. 12 months. Kiama to Sussex Inlet area. B Beames, RMB 7, Canning Close, WAMBOIN 2620.

FAMILY OF 5 wanting house to rent, with or w/out land NSW south coast area, access to schools, from early October. Please reply A Aulsebrook, C/- PO, ASCOT VALE 3032. WANTED TO RENT then buy if suitable. Small cottage, close to town and school. Northern NSW. Ph: Carol 046-771-822. RURAL HOUSE SOUGHT, near East Coast wilderness, pref. Armidale region. Rent to \$110 week, avail Nov. K Lowe, 2/317A Glen Osmond Rd, ADELAIDE 5064. Ph: 08-797-807.

## PROPERTY FOR RENT

SMALL SELF CONTAINED farm cottage with garden 20 km from Murwillumbah, avail later in year. Potbelly, gas stove, elec. Rent neg in return for occasional help. Would suit active pensioner/s with own transport, like gardening & country living. Could be perm for right people. Please send SAE to Iris Quigley, 'Minjilunga', CHILLINGHAM 2484.

## PROPERTY WANTED

WANTED 10+ ACRES Tasmania 3 B/R house Glengarry area. Prefer with est garden, shed, elec, water, etc. Required by Queensland family moving next couple of months. Ph: 07-394-7699 BH, or write: Mike C/- 8 Delilah St, SPRINGWOOD 4127.

SMALL ACREAGE WANTED suited for tropical fruits etc, also interested in old house or shop premises. Private genuine cash buyer. Details please to F White, Box 741, CLEVELAND 4178.

10 TO 15 ACRES with reasonable residence. Power, water essential. Young family. Tenant would pay up to \$150 a week for 5 years then to purchase property for an agreed price up to \$90,000. Excellent references. Only land-owners who are understandable and can be negotiated with need reply. Please ring 049-814-875 anytime.

WANTED TASMANIA - land with dwelling any area but prefer secluded. P Lecons, PO Box 27, GOLDEN GROVE 5125.

RETREAT LAND WANTED. Reasonable access, totally secluded, comprising some acres of easy care scenic country. I have commitments in Sydney except for three months every year. During this time I want to be quiet and spiritual. Contact Peter O'Brien, PO Box 110, BROOKLYN 2253.

WANTED 4 B/R HOUSE on large property. Set up or partially set up self-sufficiency style. Qld, NSW, Vic or Tas, prefer in high country within reach of coast. Neville Bayley, C/- Suite 1, No 96 St Kilda Rd, ST KILDA 3182. Ph: 03-781-1640.

50+ ACRES with trees perm. water within 45 min of Nth NSW coast. Peter Corcoran, 60 Bellata St, THE GAP 4061. Ph: 07-366-4703.

WANTED MOUNTAIN RETREAT Needs to be basically sound for bank loan approx. \$65,000. NSW. Ph: 02-516-4503 or write Paul, 214 Church St, NEWTOWN 2042.

TO 30 ACRES for retirement. Mostly uncleared. Perm ck, eastern slopes, Taree to Kempsey hinterland. Ph: 049-437-113. Write: 6 Elmore St, CHARLESTOWN 2290.

# GRASSIFIEDS

## PROPERTY WANTED

WANTED SMALL ACEAGE 30 km approx to Toowoomba. Ailsa Bean, PO Box 80, YUNGABURRA 4872.

WANTED 30-100 ACRES rainforest or wet forest. Prefer isolated with 4WD access & perm water with or without shack. Tas, Nth NSW, Qld. Kevin Wood, C/- PO, BOAT HARBOUR BEACH 7321. Ph: 004-451-354. 2-3 B/R COTTAGE, sound but not smart condition, within 10 km radius of Hobart University. To \$45,000. Please reply to Marion & Brian, 102 Robsart St, PARKSIDE 5063.

SOUTH EAST GIPPSLAND area. Lady with 2 children (5 & 2) seeking clean but cheap house in town or bush. Ph: 053-447-423 reverse charges.

LAND WANTED TO BUY acreage in Nth Qld. General area from Daintree to Townsville. Anything between 5 to 50 acres considered preferably not more than 25 km from coast. All letters answered. Please contact Frank Smith, C/- PO TULLY 4854.

WANTED URGENTLY in Queensland small acreage freehold with livable home. Well above flood level, elect, water & phone essential, up to \$35,000. Ph: 07-269-9726.

## BUSINESS FOR SALE

GOOD BUSINESS with country lifestyle. Takeaway/dining room business for sale. Well estab with suitable 2 B/R apartment at rear of shop. Suit family business & being the only cafe in this pleasant township it is well worth a try. Price neg. Freehold. Ph: owner 068-863-573 or 063-771-425.

FOR SALE - OCTAGON BOOKSHOP, Omeo, \$195,000 plus SAV. Unique building, rich in atmosphere, comprising large shop (9 squares approx) & residence (12 squares approx) in the foothills of the Victorian Alps. Prominent location in town, ideally suited for couple or single person. Building of western red cedar and other timbers, fully insulated, double glazed with storage heaters throughout. Your chance to acquire not just the above, but also a whole new lifestyle. Ph: 051-591-411.

FOR SALE PIZZA PARLOUR & take-away food business NE Tas, attached to busy service station. Potential to expand, suit married couple. \$22,000. Ph: 003-522-069 AH.

MINIATURE ROSES and pot-plants. Income producing mini-business from immaculate spacious 2 B/R queenslander on 1092 sq m & adj block 1958 sq m, both lawned, huge mango and fruit trees, all amenities. First \$82,000 cash. Reason? 82 years. Ph: 070-970-150 evenings.

UNIQUE VEGETARIAN Restaurant - nth beaches, Sydney. Present owners have 3 children under 5 y.o. and need 'time out'. Laid back atmosphere, non-smoking, BYO, no credit cards, semi self-service. We do our own cooking & are self taught. You will need confidence with food & we can show you the rest. Currently trading Wednesday to Sunday nights from 6.00 to 9.30 pm. with takings

between \$2500 & \$3000. Attached residence available (2 B/R, sunroom, yard, children & pets OK). \$60,000 WIWO. Stephen & Beverley Taylor, 'Emelia's Vegetarian Restaurant', 41 Griffin Rd, NORTH CURL CURL 2099. Ph: 02-939-1317.

ESTABLISHED POTTERY, workshop and showroom, in popular tourist complex in Bellingen. Includes all fixtures, 30 cu/ft gas kiln, small comfortable loft accommodation. Low rent, long lease avail. Excellent turnover for competent potter(s). Price incl existing stock \$15,000 ONO. Ph: 066-552-072 or write: Bellingen Valley Pottery, Butter Factory, BELLINGEN 2454.

## WANTED

SINGLE MUM, non-smoker, vegetarian. Wanting a female in similar situation to find a new home to rent around Gosford or Penrith to live a happy GR lifestyle. Ph: Sue 02-419-6791.

NATIVE PLANT MATERIALS - wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact: Peter Hunt, PO Box 53, NORTH-COTE 3070. Ph: 03-482-2677.

YOUNG COUPLE need work & place to park bus in Nth NSW while we look for land. We are energetic & adaptable & have background in nursery and conservation work. We are willing to try anything. Peter and Debbie Corcoran, 60 Bellata St, THE GAP 4061.

URGENT URGENT URGENT. Single parent looking for accommodation in return for general work. Preferably far S coast or Victoria area. Live-in or caretaker preferred. Have experience with horses & dairy/milking. Please phone Karen: 044-430-680.

DECKLE/MOULDER/PRESS any size. Concrete wash troughs, wood fired copper. Rootstock or cuttings from fruit trees/vines, roses, lemon grass, curryleaf. Reply Tuddenham, 7 Ann Street, KALANGADOO 5278. Ph: 087-393-269.

DONKEY WANTED. Gelding preferred but jenny considered, 13+ hands, broken to saddle & preferably harness. To suit keen adult beginner rider. Contact Fiona Mottram, PO Box 421, YARRA GLEN 3775.

## SERVICES OFFERED

QUALIFIED AROMATHERAPIST MASSEUR avail for home visits, also crystal therapy, electro acupressure, aura readings by photograph, clairvoyance, psychometry, absent healing. I have helped many people over many years. SAE please with your request. Caradoc Healing Centre, PO Box 800, NOOSA 4567.

REINCARNATION: If you would like to learn how to probe your soul's akashic records & discover its past lives and present day past-life influences, connections, soul mates, karma, and destiny, within THIRTY DAYS, write and request a free brochure on the easy to follow Home Study Do-It-Yourself-Past-Life-Recall-Program. Please include a 80c stamp

for a prompt reply. Post to Brother William, PO Box 129, Stones Corner, BRISBANE 4120.

INTERNATIONALLY RENOWNED Romany medium, clairvoyant, tarot, psychometry, herbal remedies, past life therapy, any problems you may have. Satisfaction assured, taped reply. Date of birth required! Send A\$30. Maggie Armstrong, Te Wai Marama, PO Box 311, THAMES, NTH IS, NZ.

DISCOVER YOUR INNER SELF. Send your time, date & place of birth to receive your astrological chart & natal report (20 pages of in-depth details of character, potential, love, paths, etc.) Great to understand children. Adult \$40, baby/child 0-13 \$35, please add \$1.20 for p & h. Astrolink, PO Box 1262, COFFS HARBOUR 2450.

## EXCHANGES

HAVE 28 FOOT cruising catamaran - plus 4 wheel trailer etc. Excellent condition, want small acreage - or old house for young couple with young baby. Trade with cash etc. Jeremy, C/- Box 741, CLEVELAND 4163.

## OPPORTUNITIES

WE REQUIRE a helping hand with growing and preparation of living/raw food diet incl wheatgrass; small vegie garden; housekeeping; cleaning and maintenance. Approx 6 hours daily, 5 days pw, in return for board & small wage. Additional work avail if required. Lovely house, located on Lane Cove River, quiet suburb, Sydney. Please phone Helen Wallace: 02-906-2711 or write: PO Box 432, ST LEONARDS 2065.

LONGTERM PROJECT and share land: I am looking for several (?) to begin with, persons, who may be interested in creating an atmosphere & environment of stimulating continual renewal of direct experience, associated good feelings and potential keeping in with our individual & collective (equally) obligations to nature or reality foremost. I respect however, the fact that this may not necessarily be to the liking or true for all. At this early stage of requiring energy, enthusiasm and regrettably finance, I would invite curiosity or attention from any person with reliable good intentions from their own behalf, with knowledge and experience (wise old eyes, old hands?), direct, intrinsic & practical (please no exhausting theoretical or academic propositions). Personal aim: potent economical honourable better behaviour, feelings, through (contrary to Mr H G Wells clever schemes) direct course of action, natural means. Of myself no big deal: bricklayer, picture artist. Likes: wildlife, food of nature, open spaces, economy/simplicity in action. Born: December '53. Project may suit energetic with few ties. Other than myself, one other interested at this point each (or we) have a hope within, resources, skills, finance, best feelings for all, thanks Megg for your patience. Write: C Franken, 51 Power Pde, MT TAMBORINE 4272.

DEADLINES: GR 75 - AUGUST 25TH  
GR 76 - OCTOBER 20TH

# GRASSIFIEDS

## OPPORTUNITIES

TO LEASE OR SHARE 100 ac rich flat turfed burnt-out old dairy property. Proposed organic farm – will help all prepared to rough it, initially in van or tent. Water, elect, pub. transport, highway. Will consider alternatives. Single ladies welcome. Please write: Smithy, PO Box 1059, NEWCASTLE 2300.

YOUR OWN BUSINESS Become independent with additional income or a full time business. For details SAE to B Cox, PO Box 624, IPSWICH 4305.

SEEKING A WOMAN up to 38 years of age to be a partner in a horticulture concern. No finance necessary, as I have access to a loan with sensible repayments. See it as a chance for someone to find a niche in a hastening world as an orchardist. Emphasis is on aptitude rather than known skills. Contact Glenn at 10 Toorak Court, PORT MACQUARIE 2444.

WANTED CARETAKER/S must have own 'van. Power, water, septic available. Some light duties, low rent (neg). Permanent envisaged, 10 mins town, beach. Bush setting, privacy. Ph: 079-393-816.

I WISH TO DO WEEKEND WORK on an organic farm or similar establishment. I require no wages but seek my reward through enjoyable work and education. Must be within travelling distance of Adelaide. Write 22 Hack St, NORTH ADELAIDE 5006. Ph: 08-267-5597.

CARETAKER – chance to live in idyllic community for the right person. Small 2 B/R flat provided but no pay. Duties are mainly supervisory 5-8 hours per week. Apply: Ian Campbell, Moora Moora, PO Box 214, HEALESVILLE 3777. Ph: 059-622-329.

CARETAKING POSITION c/van pk site in exchange for lawn mowing, Cape Tribulation Nth Qld. Contact A & N Laughton, Rainforest Camp, PMB 19, via MOSSMAN 4873. Ph: 070-989-135.

ANYONE INTERESTED in living on 40 ac bush block handy to central Qld coast in return for developing and caring for trees and flora. No buildings or mains power. For further information write: K Tier, PO Box 24, HAMILTON ISLAND 4803.

WANTED, someone to share my holiday farm on secluded river frontage, to help 3 hrs daily in return room, food. Must be non smoker/drinker, fit, healthy, single (no children), 30-45 interested in establishing nursery, crafts outlet; enjoy animals, nutritious meals (catering outlet available), own company without radio going continually. I'm 35, single, believe in recycling as much as possible and worked hard for this lifestyle so don't want 'hangers-on' but people who enjoy their work. Contact details below.

ALSO WANTED, as above, but to help with building, garden maintenance, 2 hrs daily in return site caravan and basic food (possibility to build own cabin). 10-20 hours week paid alternative building construction etc. Opening for own horseriding or 4WD tours venture. Ph: Wendy 051-480-347, or PO Box 126, HEYFIELD 3858.

DEADLINES: GR 75 – AUGUST 25TH  
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## HOLIDAYS

FOREST – TASMANIA peaceful country home on 8 ac pasture & bush. Abundant native birds & animals. Magnificent beaches, bush walking, rainforests, fishing, Nat Pks & rugged West Coast. Historic Stanley 12 km. Bed & country b/fast \$55/2 adults. Share host facilities. Dinner avail. Ph: 004-583-314.

FORSTER – TAREE. Escape to the beautiful Mid-Nth Coast. Very private, luxury family cottage with all mod cons on 1000 ac pastoral & forest retreat. Linen supplied. Horse riding, fishing, swimming pool, tennis, guided farm walks & horse rides. 20 mins to beach. From \$55 per night for family of 6. Brochure: 065-543-162.

LA MANCHA HEALTH CENTRE Wollongbar 2480. Help with medical problems or just have a healthy holiday. \$295 pw. For brochure: 066-295-138.

A TRANQUIL PLACE with no distracting noisy entertainment, for meditation, birds, wildlife, quiet conversation, walking. 1½ hrs from Brisbane. Accom and all vegetarian meals in our home or detached stone cottage. \$25 per day. Ph: 075-867-385.

BED AND BREAKFAST, 23 km nth Grafton. Full home grown breakfast, farm animals, bird watching, walking, handy to coast, many local beauty spots. Ph: 066-447-755.

LOOKING FOR MORE MEANING in your life? Women are invited to stay at our rural property one week or longer during Sept 11-30. Opportunity for exploring meditation, communication, crafts, plus rest, refreshment. Food, accom free. Write: Sister Helen, Sisters of the Church (Anglican), Dondingalong, via KEMPSEY 2440. Ph: 065-669-244.

RAINFOREST CAMP Cape Tribulation in the middle of Daintree Nat Pk. Sites from \$4.00. Permanents welcome, over 4 weeks \$40.00. Ph: 070-989-135.

BED AND BREAKFAST, Linton near Ballarat. Good area for birds, walking, riding. BYO bike/horse. Weekends, school holidays. V/Line bus access. Ph: 053-447-340 AH.

## COURSES

WICCAN HOME STUDIES. Select one choice of correspondence training from: Aromatherapy (dipl); certif. courses – Psychic Self Development; Psychic Healing, Safety & Security; Wicca. Free brochure for one choice. Clair & Simon Lorde, PO Box 80, LANE COVE 2066. Ph: 02-699-6166.

BH. Taped psychic predictive readings, free brochure.

PERMACULTURE DESIGN COURSE for city gardens in Melbourne. The course will teach you how to create an attractive, healthy & productive food garden & save energy in your house by establishing a natural system that functions without the use of artificial chemicals. The place is Melbourne, Brunswick City Farm. Two weekend course, total of

26 hours. Cost \$180, conc \$130. Pro-Nature, 2 Saxon St, BRUNSWICK 3056. Ph: 03-387-7196.

## CALENDAR EVENTS

FESTIVAL FOR MIND-BODY-SPIRIT Nov 16-19, Darling Harbour Sydney. International speakers, covering healing, dreams, fitness plus much more. Contact Garry Wiseman, MBS Festival 1st floor, 18 Whistler St, MANLY 2065. Ph: 02-977-1200.

SIROCCO CONCERT & Mediaeval Day, Mt Vincent Meadery, Mudgee, Aug 26. See renowned folk musicians, The Varangian Guard, morris dancers, mead blessing. For booking enquiries Ph: 063-723-184.

THE MITCHELL COLLEGE UNION National Student Art Exhibition Sept 3-15. See the best entries in the National Student Art Prize. The Mitchell College Auditorium BATHURST. Enquiries Ph: 063-317-696.

HERB FEDERATION OF NZ 2nd Biennial Conference. Nov 24-27. Lincoln Agricultural College, University of Canterbury, Lincoln NZ. Registration fee \$20NZ. Workshop fees \$10. Garden visits \$17. Enquiries, registration forms and programme contact: The Conference Convenor, Canterbury Herb Society, C/-43B Bowenvale Ave, Cashmere, CHRISTCHURCH 8002 NZ.

## CLUBS AND SOCIETIES

THE AUSTRALIAN HERB SOCIETY Inc., PO Box 110, Mapleton 4560. Members receive quarterly magazine and access to free seed bank and cassette library. Write to the Secretary for further information.

ALLERGIES – National Allergy Association of Australia. Information, education, counselling, membership bulletin. Write to Head Office: PO Box 280, PARRAMATTA 2124.

## GARDEN AND ORCHARD

COMPANION PLANTING CHART. Over 90 vegetables, herbs and fruits, incl plants as insect repellants. Mail order \$4.50 (post incl).

SOW WHEN CHART. Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$5 (post incl). 'Plum Products' (G), RMB 2907, BRUTHEN 3885.

BIO-DEGRADABLE seedling protectors. Protect new seedlings from animal browsing for under 10c each. SAE (Large) to I.R.S., PO Box 67, BRUTHEN 3885. Ph: 051-575-562.

SEEDS OF UNUSUAL useful plants, oriental/Asian vegies, curiosities, fragrant, sub-tropical fruits. 60c packet, all open pollinated. For list send 2 stamps to Lorraine Blaney, Wallace Rd, BEACHMERE 4510.

HONEY LOCUST SEED. Propagate your own, \$10 packet 60 seeds, postage & information incl. Yarralaw Shade & Fodder Trees, Yarralaw Rd, BUNGONIA 2580.

RAINFOREST REGENERATION. For fast growing pioneer tree seeds, our catalogue & notes on rainforest regeneration, please send 2 stamps & write to: Bellingen Valley Rainforest Seeds, Private Bag, BELLINGEN 2454.



# GRASSIFIEDS

## GARDEN AND ORCHARD

**COMPREHENSIVE CATALOGUE** Australian native seeds, 1800 species. Price \$6.00 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

**KINGS SEEDS** - 60 new varieties. The new range of 460 seed varieties incl Herbs, Dried Flower seeds. Bee Plant seeds, Insect Repellents, Oriental & Gourmet Vegetable seeds. Send \$5.80 for our new glossy 1989-91 colour catalogue. Helpful hints on how to grow & use the plants are incl, or send SASE for a price list. 2 Wall charts - \$4.00 each: Culinary or Remedial herbs and how to use them. P & h \$2.00 per order. Kings Herb Seeds, PO Box 14, GLENBROOK 2773.

**SEED: FRUIT & NUT.** over 200 species. 125 personally collected. Also natives, gingers, bamboo, timber, etc, specialising in the hard-to-obtain. For list, send SASE to Fruit Spirit Botanical Garden, DORROUGHBY 2480.

**ASPARAGUS CROWNS** and seedlings. Enquiries: PO Box 182, GAYNDAH 4625. Ph: 071-611-323.

**NEEM TREES** - seedlings for sale. Genuine varieties. Plant only frost free areas. \$3.00 each, minimum order \$35.00, free on rail or road. Enquiries and orders: Keith Bagnall, MS 1096 Carruthers Rd, NAMBOUR 4560. Ph: 071-421-764.

## LIVESTOCK

**BEEES** - Nucleus hives \$37 each. Italian or Caucasian queens. Orders now being taken for spring delivery. Write or ring for details: A M & B J Wallace (The Honey Works), RMB 2039, YARRAWONGA 3730. Ph: 057-443-440 AH.

**BLUE EGG LAYING FOWL**, industrious foragers, excellent layers, will go broody and raise their young. Limited numbers. Pullets \$15, cockerels \$20, freight extra. Will rail. Write to RMB 2115, Nagambie 3608.

## PUBLICATIONS

**DONKEY SOCIETY OF AUSTRALIA**, for information on magazine subscription, publications, books and the care of donkeys. Contact: Federal Secretary, M M Smith, 'Warrawurra', Bushells Ridge Rd, WYEE 2259.

**TEXTILE-FIBRE FORUM** is the tri-annual colour magazine of the textile arts for Australia. Subscriptions are \$15.50 which incl membership in The Australian Forum for Textile Arts (2 year subscriptions are \$30). Sample copy of the magazine is \$5 postpaid. Send to AFTA, PO Box 77, University of Queensland, ST LUCIA 4067. Make cheques payable to AFTA. Good information on how to make things is incl.

**ORGANIC GROWING**, a quarterly magazine about growing food the natural way. Gives you practical ideas for organic gardening, farming, livestock & related subjects. Available at newsagents (\$2) or by annual subscription (\$10 Aust or \$12 o/seas). PO Box 228, ULVERSTONE 7315.

**AUSTRALASIAN SURVIVOR.** The magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 11, DICKSON 2602.

**IMAGINE** (formerly Maggie's Farm) alternative network magazine. A unique experiment in access press run by a volunteer collective as a regular news service linking many citizen initiative groups and networks world-wide. Planet earth news, hues & views. Eco-action, health & healing, new technology, psychic reality & communal lifestyles. 4 issue sub \$10. Imagine, PO Box 151, LAWSON 2783. Ph: 047-824-851.

**NEXUS NEW TIMES** - an independent publication with the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$12 per year. NEXUS New Times, PO Box A556, SYDNEY SOUTH 2000.

**DEADLINES: GR 75 - AUGUST 25TH  
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**BOOKS** - 'New and Used' - farm, needlework, plus numerous subjects. Send SAE with interests for list. Pamela Fenwick, PO Box 263, MAYFIELD 2304.

**A BOOKLIST** of out of print & fine used books on biography, Australiana & miscellaneous subjects. Write: Robert Warburton, Box 386, HILLARYS 6025.

**THE GOATKEEPERS MAGAZINE** for all the latest industry news. Covers Dairy, Fleece and Meat. \$20 per annum (6 issues). Write to: TGM, PO Box 232, INVERELL 2360. Bankcard welcome.

**'THE GOURDIAN'** Gourd Magazine 2nd Edition is out now. Incl. all your gourd information, such as history, tips on carving, burning etc. Magazine incl. seed & book catalogue. Costs just \$3.50 per Edition. Book orders also available for 1st Edition. John Van Tol, 107 George Street, EAST MAITLAND 2323.

**HANDBOOK OF NATURAL REMEDIES.** 48 p of useful information \$5. **LA MANCHA RECIPES.** 70 dairy & egg free vegetarian recipes \$4. Prices incl post. La Mancha Health Centre, WOLLONGBAR 2480.

terly magazine devoted to birds of the world. Available only on subscription at \$28. Write to Birds International, PO Box 206, TURRAMURRA 2074. Ph: 02-406-9222.

**AUSTRALASIAN HEALTH & HEALING** - Journal of Alternative Medicine, Australia's major health care quarterly emphasising self healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops. \$3.50 each & by subscription \$12.50 per 4 issues (1 year), \$23/8 issues (2 years). Write: Australasian Health and Healing, 29 Terrace St, KINGSCLIFF 2487.

## HANDCRAFTS

**ESSENTIAL OILS**, potpourri & natural products for aromatherapy & craft work. We are the manufacturers of raw materials for

making massage oils, soaps, cosmetics and household products. Our extensive range includes: essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, essences, pottery, containers. Buy them from us direct, small or bulk sizes and save with our low prices. Send stamp for free catalogue to AUROMA, PO Box 187, Richmond 3121, or call in at our shop, 68 Burwood Rd, HAWTHORN 3122. **DO YOU WANT** a fleece spun anytime during the year? Ph: 03-725-0140. Reasonable prices.

**TEA TOWELS** pure linen, blank for screen printing. Shipped COD anywhere in Australia. Details from King Koala Designs, PO Box K532, HAYMARKET 2000. Ph: 02-358-6783.

**FINEST QUALITY MOHAIR** fleece ready for spinning, straight from our purebred herd on the Southern Highlands of NSW. \$30 per kilo plus postage. Bushgate Angora Stud, PO Box 1, BOWRAL 2576. Ph: 048-612-299 or 048-611-174 AH.

**POTPOURRI & SACHET SUPPLIES**, the Australian company with a traditional flavour, catering to all requirements, the beginner to the chain store. We select from worldwide sources to offer you the best at the lowest prices in Australia...Economy and traditional potpourris, flowers, fragrant oils, plus a wide range of fragrant gifts, including the most attractive, useful fragrant pot in Australia. Write for free catalogue or visit our showroom. Potpourri & Sachet Supplies, PO Box 53G, NORTHCOTE 3070. Ph: 03-482-2677. Fax: 03-481-1393.

**CERAMIC OCARINAS** for sale. Beautiful handmade wind instruments for all ages. Seed pod shaped with lovely carved design. Comes with instructions and 15 tunes to play. \$14.95 each (includes p & p). Prompt delivery. Send cheque or money order to 'FOLK CRAFTS', 96 Cox St, PORT FAIRY 3284.

**NEEDED DESPERATELY** - yarn to finish jumper. Chat Botte Petrouchka no's 514 (grey), 522 (red), 595 (Mer du Nord). Mrs S Hosken, 'Karadeb', Windemere St, YOUNG 2495.

## FOOD AND KITCHEN

**HOME STONE FLOUR MILLS** - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogues to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

## MISCELLANEOUS

**CASSETTES OF THE UNIQUE** environmental sounds of Australian forests recorded & mixed on solar energy by Bob McMahon of 'Solar Sound', featuring didgeridoo, handmade flutes, electronic keyboards & Qld rainforests. 'Australian Tree Song Music', \$15 incl postage. 227 Tone Rd, WANGARATTA SOUTH 3678. Promoting solar energy & tree planting.

# GRASSIFIEDS

## MISCELLANEOUS

LUFFA MITTS, massage as you wash, great gifts, 1 for \$2.20 post paid, 3 for \$5.60, 10 for \$15. L Thrussell, Gate Rd, GOOMBOORIAN 4570. Ph: 071-833-804.

10% OFF SOLAR electricity costs when you purchase a complete system from SOLARFORCE AUSTRALIA. 10 per cent off all system components except batteries plus free delivery. We can also install your system. All installations comply with RAPAS requirements. Write now for free quote or more information to: PO Box 586, KEMPSEY 2440.

PERSON WITH KNOWLEDGE of or interest in small farm pursuits & alt lifestyle to share work & profits on 16 ac farm 2 hrs from Sydney, beautiful setting, very fertile, irrigated, equipped. Please send personal details & outline experience. Bernard Riley, 58 Coniston St, WHEELER HEIGHTS 2098.

LAWN CLIPPINGS. Free. Free delivery most Melbourne suburbs. Jim Ph: 03-877-1822.

MAIL ORDER MEDICAL SUPPLIES. Price list available from PO Box 83, INGLEWOOD 6052.

CASSETTES of beautiful, relaxing zither and guitar music. 3 titles: 'Strings of Love', 'The Peacock's Dance', 'Le Long Voyage', \$12.50 ea. The Lyrebird School of Music, 63 Morrie Cres, NTH BLACKBURN 3130.

MEDITATE on the inner Light & Sound and transcend body consciousness under the guidance & protection of Master Sant Darshan Singh. True spirituality is a gift from God & is given free of charge. For further information, please contact SAWAN KIRPAL RUHANI MISSION, 63 Morrie Cres, NORTH BLACKBURN 3130. Ph: 03-898-8950.

EARTHWORMS the 'Speedy Breeder Compost Worm' revolutionises your compost & transforms your garden. Just \$12 per 1000 worms, price incl postage Aust. wide & pamphlet on worm care. Wormborough Farms, PO Box 794, TAREE 2430. Ph: 065-539-633.

BLUE DAZZLER TORCH/SEARCHLIGHT. Powerful 30 watt beam & heavy duty battery rechargeable with ordinary 12V charger. Direct from factory price \$75 each. G B Douglas, PO Box 215, WHITSUNDAY 4802. Ph: 079-466-738.

REVERSE OSMOSIS WATER FILTERS – highly advanced form of water purification – 3 filters in this portable unit – 99% removal of bacteria, chlorine, DDT & other toxic chemicals. Gillian Summerbell, PO Box 1519, HORNSBY 2077. Ph: 02-477-2838.

LOW SPEED GENERATORS for windmills, water turbines, steam engines. The definitive book: 'The Homebuilt Dynamo' (1987) 182 page, 8 1/2 in x 12 in h/back. Generator design & construction with ceramic magnets. Complete plans, 268 photographs, step-by-step construction details. Post paid airmail \$85.00 (brochure \$5.00 refundable). Todd-Forbes Publishing, PO Box 3919, AUCKLAND, NZ.

GOUT CONTROLLED. 400 year old recipe that works. Send \$2 and SAE to Paula Mann, 7 Myrtle St, MILTON 2538.

DO YOU SUFFER from hair loss, wrinkles, ageing, or cellulite? We may be able to help. All natural products now available. Ph: Phil 07-393-5941 or write to 297 Preston Rd, WYNNUM WEST 4178.

TINSMITH: Interested in finding tin, patterns, hand tools and machinery. Also history of tinsmithing in Australia. Maggie Storr, 31 Sandilands St, BONALBO 2470. Ph: 066-651-256.

TRANSPORTABLE DWELLING 40 ft x 10 ft, B/R, living, bathrm, kit, dining, carpets, lights, plumbing. Sep shower, HWS, 500 gal water tank. \$12,500. Ph: 044-642-013.

CROSTREE PACKSADDLE, new \$85, Warmbright s/comb heater, \$45, or exchange them for male donkey or pony. Ph: 03-570-2581.

BEAT THE COLD. Protect your skin with Forest Edge creams and salves. Macadamia Beeswax Lip Salve 25 g \$2.50, Honey and Glycerin Moisturizing Cream 55 g \$2.50 posted. Forest Edge Services, C/- PO, BROOWEENA 4620.

NATIVE DOG unspeyed female, two years old, N.Qld short-haired type, not purebred. Natural Aussie bush dog. Special personality, soft-hearted and sensitive yet demands her independence. Very intelligent, aware and cunning, tireless energy. Sense of humour and play. Beautiful faithful friend needs new owner who is not too civilised. Present owner going overseas, will deliver anywhere. Robert, C/-Box 764, SHEPPARTON 3630.

COONOOON-GIBBER wood heaters. \$250 freight free to nearest rail depot. Dave Simpson, C/- 14 Sixth Ave, CHELTENHAM 5014.

SAVE AND DO IT the Quick Brick way. Quick Paver, Quick Brick and Quick Form (in situ block maker). The fastest and easiest machines available in Australia. Send SAE for brochures to Quick Brick, PO Box 627R, GYMPIE 4570. Ph: 071-827-099 anytime. You can do it yourself the Quick Brick way.

## CONTACTS

MALE 36 FATHER of 4 daughters and son, interests: science, technology, altern energy & medicine, nature, environment, wildlife, self-sufficiency, organic gardening, bushwalking, picnics, camping, children, & God, music. I am drug free. I am caring, loving, romantic, open minded, fun loving, passionate & faithful. I would like to hear from a bright intelligent young lady who loves children, has faith in God & does not use any drugs, with similar interests & thought of marriage. Lady with children, any race or nationality to 36 y.o. welcome to write to me. Write to Mr Deze Djeri, 2 Mawson Ct, CRANBOURNE 3977.

SINGLE MALE, 41, 5 ft 7 in, fierce Scorpio, looking to meet special lady to share life on NSW North Coast. Has humble home on acreage. Interests incl self-sufficiency, animals, simple entertainment, Christian spirituality. Non-smoker, children welcome. Likes challenges. Write to David, PO Box 444, GRAFTON 2460.

TALL SINCERE NON-SMOKER shy, single 26 y.o. bushie on remote near self-sufficient cattle property Cape York Q. seeks compatible, sincere, sensual, slim, non-smoker lady 21-35 y.o. to share lifestyle like early pioneers. Brad, C/- Box 764, SHEPPARTON 3630.

LADY SEEKS SOULMATE 45-55 aware, health and environment conscious, dancing, non-smoking animal lover, Adelaide area. Box 1134, MURRAY BRIDGE 5253.

LADY 29 NON-SMOKER soc. drink, caring, sensitive person enjoys crafts, tai-chi, yoga, cooking, quiet life. Children 13 y.o, 18 month old twins. Own home. Seeks caring man with/without children. All letters answered. Reply PO Box 300, CAMPBELLTOWN 2560.

WOMAN SEEKS COMPANIONSHIP of other gay women pref over 30. My interests incl country walking, art, films, current affairs, animals & nature. I would very much like to hear from women who are cheerful, caring & sensitive without being too heavy. I am not into negative living – so please, if you genuinely like & respect other women, contact me so we can formulate a pleasant social network. I live in Brisbane & know of many nice places for walking etc. Letters welcome. Please contact M Henley, C/- PO Box 764, SHEPPARTON 3630.

SINGLE GUY 30's slim, fit easygoing non-smoker, own 150 ac farm on river near coast. Interests incl animal welfare, conservation, self-sufficiency, yoga. Wishes to meet sensitive intelligent lady 23-32 of similar interests with sense of humour. Write to Jason B, C/- PO Box 764, SHEPPARTON 3630.

LONE DAD. Divorced, 46, 2 daughters under 13. Homeowner NE Vic town. Interests incl homelife, reading, organic gardening, C & W, scrabble, altern medicine. Would like to correspond with & meet affectionate lady, similar interests, sense of humour. Non-smoker. Write Lone Dad, C/- PO Box 764, SHEPPARTON 3630.

DEADLINES: GR 75 – AUGUST 25TH  
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FEMALE PARENT with 4 kids seeks correspondence/friendship with other lone parents. Am 32, love children, animals, outdoor life. Am into meditation, altern medicine, vegetarian cooking, but not fanatical about anything. A Christian who likes people with sense of humour, not into astrology or worry about looks. Write: Julie, C/- PO Box 1308, MURRAY BRIDGE 5253.

GR GENT 46 Wants correspondent/friendship. I'm honest, don't smoke, drink very little. Sense of humour, love simple things in life. At present working in Sydney. Building house on 25 ac mid North Coast. Prefer GR lady 20-45, slim build. Gordon, C/- Box 764, SHEPPARTON 3630.

VEGETARIAN FEMALE 30. No drugs, seeking contacts – can you assist? Looking to work, live Bathurst or elevated area (not coast) NSW. A Smith, 186 Royal Pde, BRISBANE 4051. Ph: 07-356-1571.

# GRASSIFIEDS

## CONTACTS

**LADIES WITH OWN BUSES** do you want to rent space for \$25 per week? Please contact 075-303-451 or PO Box 123, MUDGEER-ABA 4213.

**GUY 40 Y.O.** Leo, 5 ft 9 in, 14 st. Smokes, drinks, own home. Into boating, gliding, tennis, plans around Australia holiday Jan '90, then settle North Queensland coastal property. Presently living, working Sydney, seeking slim attractive lady, talkative, try anything type for relationship with a future. Alan, 309 Pittwater Rd, NORTH RYDE 2113. Ph: 02-887-2168.

**TEMPORARY CITY PRISONER** with three year goal to leave. I'm tall, slim with weird sense of humour. Once married, I enjoy new and unusual places or things. Seeking lady 25-35 who feels equally good about herself & life, to develop & share the future. Reply: Clive, C/- PO Box 764, SHEPPARTON 3630.

**MALE 24** 6 ft, slim, fair, individual. Many interests, currently establishing 15 ac bushland. Seeking tall honest lady 20-30 for close relationship & GR type lifestyle. Correspondence Aust-wide. Graham Mathews, Box 1029, BERRI 5343.

**GEMINI MALE** born Year of the Tiger would like to meet Sagittarian lady born Year of the Boar or Dog or Horse. PO Box 125, POMONA 4568.

**45 Y.O. GENTLEMAN**, loving, loyal, honest, communicator, altern health/fitness, 5 ft 10 in, non-smoker, non-drinker, no drugs, intellectual, ABC-TV, music, massage, American born, clerk. 3 BR house on 5 ac. Wants compatible lady experienced in or committed to rural self-sufficiency, willing worker, unattached, very communicative, deep thinker, prefer natural blonde, blue eyed, feminine, no kids, no debts, political activist. Interstate replies welcome. Randolph, RSD 9, MYALLA 7321. Ph: 004-451-278.

**GRANITE INTRODUCTIONS** offers you friendly and down to earth service. Find someone compatible with our help. Ph: 076-811-174 or write to PO Box 452, STANTHORPE 4380.

**TRYING TO LOCATE IAN**, New Zealander recently moved to Brisbane from Sydney (Enmore). Possibly contacting Nimbin communities. Significant message for him. Postal address sufficient. G Moffat, PO Box 336, WILLOUGHBY 2068.

**LADY 34 SINGLE MUM** (child 2 yrs) living GR type lifestyle, own earth home on bush block. Seeks sincere, practical non-smoking single dad or single man with sense of humour & adventure, view perm relationship to share family living, adventures, company, picnics, travel, hobby farm. I'm 5 ft 7 in, slim, capable, sensitive, open, flexible, enjoy gentle living with degree of vitality. Anne, C/- PO, BEGA 2550.

**ACTIVE GENTLEMAN 47**, tall, creative, European origin, non-smoker, loves homelife, country life, animals, nature. Own new home. Needs creative lady for perm relationship. PO Box 587, KINGAROY 4610.

**HI! I'M A TALL**, fairly fit, happy bloke, 31 y.o, who is most keen to meet a lady who might share my enthusiasm for forests, mountains, bikes, laughter, the arts, kids, animals, having fun & travel. I'm happiest when I'm up the bush & I try to lead a healthy, active life with plenty of artistic stimulation to keep me grinning. Please write to Rod, PO Box 536, TEWANTIN 4565.

**MALE MID FORTIES** would like to hear from lady 35-42 yrs with same interests: Tai chi, crafts, down to earth lady. I am about to move to country area for some peace & fresh air. Any calls from country areas ask for Barry & reverse charges. Ph: 03-478-9124.

**DESPERATELY SEEKING SUNSHINE.** Quiet vegetarian craftsman (own home) seeks sunny companionship of country minded lady 25-35. David, C/- PO, NANNUP 6275.

**FEMALE TRAVELLING COMPANION** wanted to travel Australia. 18-27 y.o, WWOOF-ing, camping, hiking, no time limit. Write to Steven, 5 Harding Blvd, MT WARREN PARK 4207.

**MELB GUY 35**, 5 ft 6 in, 10 st, smoker, social drinker, honest, caring, enjoys camping, fishing, bushwalks, the country, seeks caring relationship with honest, sincere affectionate woman 25-35. Bill, PO Box 1059, LALOR 3075.

**QUIET GENTLE GUY 31**, nice looking, genuine, with keen interest in wildlife photography, particularly birds & nocturnal animals. Tired of searching for wildlife on my own. Surely there must be someone out there with similar interests who would like a bird crank as a friend, I am looking for a relationship but would settle for friendship with anyone with similar interests. Contact Kevin, PO Box 1141, DUBBO 2830.

**MALE 40's**, Chinese, English speaking, good build, non-smoker and drinker, affectionate, sensual, gentle nature, varied interests, seeks lady for relationship. Age, nationality open. All replies answered. PO Box 125, ERSKINEVILLE 2043.

**LADY 44**, SPIRITUALLY inclined, single mother (children 10 and 5) vegetarian, non-smoker/drinker, well travelled, interests: nature, gardening, music, reading, seeks caring, sincere, like-minded man 40-50 (not into drugs) with whom to share life. Carolyn, Box 184, SOUTH LISMORE 2480.

**AUSTRALIAN GENT (39)** with property near small township NW of Melbourne seeks female partner (about 30) interested in country lifestyle. Alex, GPO Box 5191 AA, MELBOURNE 3001.

**INTRODUCTIONS**, soulmates, friends, understanding help. Full details, SAE: 'Consultus', PO Box 105, CLONCURRY 4824.

**SLIM, SECURE GUY, 38**, loves life, the great outdoors, all music, dancing, non-competitive sports, laughter, natural people, natural food, seeks penfriend possible soulmate from any state or area. You are independent, honest, subtly wild, energetic, unafraid of failure, sensuous, monogamous & accept yourself. Peter, C/- Box 764, SHEPPARTON 3630.

**GOOD LOOKING PISCES** male 37 y.o. waterbaby, easy going, musically inclined carpenter, 6 ft, fit and healthy, great sense of humour, open minded, good communicator, a little on the shy side, seeking nice looking lady interested in GR lifestyle. Replies to John, C/- PO Box 764, SHEPPARTON 3630.

**MAN 40 Y.O.** seeks woman 30-40 to share gardening, canoeing, bushwalking, cycling & simple things in life. Loves animals. Has to be non-smoker and drinker. Brown, Kauri Ave, CABARITA BEACH 2488.

**SINGLE GEMINI, 42**, 12 1/2 stone, 6 ft, looks (uh-uh). 8 yr old son. We live on a couple of acres in a van, building a small house 12V & gas. Smoke and drink socially. Work in Sydney couple of days a week. Involved in ridden and harness endurance. Seeking perm relationship & future with a woman to 35, slim build 5 ft 3 in to 6 ft, into horses (partial GR type, we like the comforts), need help to give up smoking & cleanse myself. Paul Bloomfield, 'Sun-na', Slate Gully Rd, WOLLAR 2850.

**THE MATE** that I am looking for/must be true in every way love animals and laughter/touch with nature every day/be comfortable within himself/share with me and trust/be around 40-50 mark/I suppose that is a must. Write: Denise, C/- Box 764, SHEPPARTON 3630.

**GUY 34 Y.O.** slim, 184 cm, adventurous, open, cuddlesome, honest, loving, is looking for a female soulmate to share a simple spiritual self-sufficient lifestyle in/with nature at a divine place. Bliss, C/- PO Box 764, SHEPPARTON 3630.

**MALE LIBRA AQUARIUS RISING** vegetarian non-smoker, dark hair, 5 ft 7 in, slim, fit, do yoga. Working in Sydney, planning for self-sufficient lifestyle, seeking soul-mate to share same dream. Prefer non-smoker, slim, 20s-30s, happy person with lots of love to give like me. I love music, crafts, wholistic healing, outdoor activity & more. Alex, 3/3 Lucius St, BONDI BEACH 2026. Ph: 02-365-3845.

**MELBOURNE VEGETARIAN, 40 y.o**, tall, intelligent, affectionate, non-smoking, lots of interests & easy to get along with, wishes to meet loving, sincere woman, 30-50, for friendship & poss perm relationship in which the traditional male-female roles are reversed. Please ph: Greg 03-862-1686 any morning, or write to PO Box 440, RICHMOND 3121.

**FORMER HOBBY FARMER** animal lover missing rural life and animals like to meet, assist people with animals or casual caretake. No wage required. Fred, C/- PO Box 764, SHEPPARTON 3630, or Ph: 071-955-004.

**ATTRACTIVE GRASS ROOTSY LADY 60** going on 30 (Pisces widow) wishes to correspond with gentleman. Write: J Pitman, C/- PO, NOWRA 2541.

**GAY LADY 26** - living in country close to Geelong. Am interested in painting, travel, music & working on my land among other things. Would like correspondence with other women. Sue, 2/244 High St, BELMONT 3216.



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# Feedback Link-Up Feedback

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Dear Megg & David,

I as an agriculturalist think your magazine fantastic and hope it continues to do well. Even though scientifically trained I feel there is much to be said against 'big is beautiful', for many things go wrong and take much care and money to put right. For example, this WOOD CHIPPING that has reared its head while I've been here – OK so we know eucalypts grow fast and rapidly replace the old. But that doesn't stop surface moisture evaporation which will slow down or kill the germination of certain other species. The native flora and fauna localised to one area is destroyed and certain trees will not grow again or will be choked out in the race for the sky by the gums – so certain, possibly rare, species will be lost. Couple that with soil erosion which tries to wash away surface soil and the nutrients stored therein and we have a cycle of ever decreasing circles. Total felling and widespread surface disturbance also allows a great number of introduced weed species to rapidly get established.

Politically – and everything is political on this level of decision – if the Government could control and keep down wages, then Australia would not have to import so much and our exports would be more competitive world wide. (That's what Mrs. Thatcher did – she put the fear of mass unemployment into everybody's mind: you could be next. As a result everybody accepted anything in order to keep their jobs.)

And now full circle – most countries in debt seem to try this wood chipping lark to try to get out of the balance of payments but again it's a cycle – the chip goes abroad, is processed and returns as paper, cardboard or woodboards (chipboard) at much increased value, thus crushing the balance of payments. The only answer is for wages to stay low, then it would be manufactured here – at our own speed and demand.

Sorry about that but you no doubt want ideas for your magazine and only by reading stimulated thought, talk or 'nutters' like me, who write to you, will you get a fresh approach. I'm over here on holiday, writing novels by the way as I'm over 28 and unable to get a work permit. It's a good way to see Australia. I've been before and I love it dearly. I think you've got a wonderful country and you're doing a great job of teaching people not to waste it.

**Francis Petchey**  
94A Louisa Road  
BIRCHGROVE 2041.

Dear GR Folks

I've been put off writing as I sent money to a PO Box before and realised I'd been ripped off, but not everyone is like that. I hope someone nice will reply.

Anyway I'm going to ask anyone who lives in a friendly place with a COOL CLIMATE to tell me what opportunities there are to live there. We (my husband, myself and son 13) wish to sell our house in Sydney and get a small business. We would be grateful for info. Also if anyone just feels like gaining a new friend please write. I'm interested in astrology, herbs/herbal medicine, and sailing, so somewhere near the water would be nice.

Love to you all.

**Anne**  
62 Howard Road  
PADSTOW 2211.

Dear Readers,

Do you want to lead a self-sufficient lifestyle, but lack the money to buy land to get yourself going? We intend putting in a submission to the Victorian government to get whatever land we can, which has now reverted to the Crown, in the Millewa Region divided up into 5 to 10 acre lots and then made available to people on low incomes to do just that. Get going.

The reason this proposal may well succeed is that services like water, power, schools and roads are already established but presently only service a very small population, meaning that services are not cost effective. They actually have about 120 km of pipeline water. If more people were living in the area, the government won't be charging the rest of Victorian rate payers for a few rich wheat farmers to benefit.

The area is basically from Mildura towards the SA border. It's an

ideal growing area, very hot to warm most of the year, only very occasional frosts and only some years. What's left of the Mallee scrub is very beautiful and we would need to keep conservation issues to the fore even when we do get the land. The soil is suitable for mudbrick making, and there are quantities of local limestone still available for house construction. A precedent has already been set, as large areas of Crown land have been leased for years in this region by farmers for peppercorn fees. So now we will be demanding an equal go for those on low incomes who want to be self sufficient and get out of the ratrace.

We need a response to this article, so that we have some idea of the number of people who may be interested as the government likes statistics. Even if you say yes you will not be in any way committed at the moment as we are only in the chrysalis stage. If you have any information that might help us avoid pitfalls or bright ideas to help us succeed in this ambitious project please write, or ring 050-245-385.

Yours in the fight for Justice.

**Doris J Byron**  
14 Armagh Crescent  
IRYMPLE 3498.

Dear Readers

Greetings from the Manning Valley Herb Association. We are a non-profit organisation committed to furthering research and development relating to commercial herb cropping within Australia. We have gathered information on various aspects of growing HERBS on a commercial scale but have found little on HARVESTING AND DRYING especially in relation to large scale quantities, say 1000 kg or more. If any readers could offer any assistance we would be most grateful. If anybody wants further information about our organisation or an exchange of information about herbs, please contact us.

**Ann Stevens (sec)**  
MVHA  
PO Box 1028  
TAREE 2430.

Dear Megg and GR Readers,

I have only been reading *Grass Roots* now for a few months after being introduced to it by a friend of mine and think it is a most wonderful and useful publication and a great help in time of need, which brings me to the reason for this letter.

After selling our home in Sydney (western suburbs) we made the epic journey north complete with dogs and cats and overloaded car and a somewhat overloaded caravan which is to be our home until we build on our land – 5 acres, 90 km north west Brisbane.

The dream of escaping from the ratrace, the big break, as some put it and the TRANSITION FROM CITY TO COUNTRY life for me has not been an easy one. I think the reality of moving from a convenient and secure, although frustrating at times, lifestyle to 5 acres with nothing on it except us and the caravan and a small garden shed (our toilet) has hit me like a steam train! This has never happened to me before and I am a little bewildered to understand why. I have always adored the country and everything about it and have never been keen on city living, always dreaming of one day owning a few acres in the bush where our lifestyle could be better and quieter than in the city. My wife loves it here, she can see everything will turn out the way we want it to. I suppose she is right as she usually is, although I wish I could stop this nervy feeling in my stomach, not a sick feeling, sort of like butterflies, from not knowing how things will turn out. I wonder if any other readers have suffered the same symptoms? To add to the problem another introduction to country life was that the other day my little dog (mini foxie) was killed by a neighbour's bull terrier. Why people would want those dogs is beyond me (bred to kill pigs and anything else that gets in their way). I suppose one really can't blame country life for this unfortunate experience. It could have happened anywhere – it hurts deeply though. I suppose the old adage 'time heals all wounds' will apply here and in the meantime there's lots of hard work to do. Once again keep up the good work of producing an excellent magazine.

**Tony Zammit**  
27 Terragon Rd  
VILLENEUVE 4514.



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# Feedback Link-Up Feedback

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## Dear Grass Roots,

We have just moved down south from Sydney, what a relief. A few requests for information! We have found a block of beautiful land but in an area heavily infested with WHITE ANTS – where there's trees there's these!! We are hoping that readers can give us information on their experience, what types of material to use, what not to use, methods of building, etc. Maybe looking closely at the white ants and their habits?

I do not wish to spray chemicals and also wish to build a biologically safe (healthy) house e.g. repaints, finishes – anyone know of any 'old timer' recipes for finishing timber, floors etc. If anyone could point me in the right direction about the above I would greatly appreciate it. Anyone with first hand experience with finding biologically safe products I would be glad to talk to!

To Antoinette Shanahan RSD Goongerah re IMMUNISATION: be careful. Get as much information as you can before you make your decision. Be informed to make an informed decision. I did not question immunisation but went along with it. Then I decided to get informed, read books and realised that if we are responsible about our own health – foods, exercise and so on – then anything like immunisations are not needed but we cannot feed our kids refined de-natured foods and expect they will be healthy. Responsibility – think of your vegies in the garden: feed them, well water, tend to them and they will flourish. Organic gardens give so much more, are prone to less disease, taste better, no chemical residue. Do the same to our children and they can only grow healthy and happy. A good book to read is *Don't Get Stuck*, by Hannah Allen.

In the last *Grass Roots* George Bryant mentioned The Australian Federation for the Welfare of Animals. I began thinking that maybe it might be worthwhile starting 'The Australian Federation for the Welfare of Human Beings'. The rate we are going we are doing a pretty good job of poisoning not only ourselves but the whole earth, as we have seen lately in news – polluted water (chemicals, mills, boats), polluted air (toxic chemicals, exhaust fume), polluted earth (organochlorides, artificial fertilisers), polluted food (chemicals, chemicals and more chemicals). Maybe now the whole issue is about people and when they will actively start to take care of the earth (lots have been trying very hard!) But how about starting at home? We have incorporated chemicals/artificial products in nearly all aspects of home life. The list is very long. Paints, preservatives, urethane, chipboard (formaldehyde), plastics, gases, etc. In clothing, acrylics, plastics, gases, etc. In food, preservatives, colours, antioxidants. In laundries, detergents containing strong chemicals, bleaches etc. I am only saying let's try to replace a lot of these highly toxic/dangerous products with biologically safe/low toxic items. I am sure people, especially mothers, would change as the future lies in our children and we must care for them.

After all that, anyone interested? I would like to make contact with like minded people down this way. By the way, I have just found a very good substitute for heavy laundry detergents – 'Pure Liquid Soap' available from The Soap Collection shops (one in Nowra). It is well suited to allergy prone people and very gentle – can wash babies' hair to washing clothes. It can be bought in bulk. No more supermarket 'blue' for me.

S Hawarth  
RMB 404 Beach Rd  
BERRY 2535.

## Dear Readers

My friend and I (both 18 yo), are planning to TRAVEL TO NORTH QUEENSLAND from Newcastle, starting off in July. As neither of us can find employment in our area, we are hoping to find work on our travels. If anyone who has tried this and has any suggestions that might be really helpful to us, we would appreciate some feedback. We plan to back-pack and camp out where necessary.

I'll be waiting to hear from all you folks.

Alison  
C/- E Fuller  
7/1 Johnson Street  
LAMBTON 2299.

## Dear Grass Roots,

Maybe this will help some of your readers that have been asking for a treatment for PSORIASIS. I read somewhere recently that the three chemicals used to control psoriasis are coal tar, salicylic acid (derived from the bark and leaves of the willow tree) and dithranol, which can be used separately or together. The article suggested that ultraviolet light, from the sun or a lamp, could also be helpful. Some new treatments are using preparations based on vitamin A for severe cases. The writer made the point that psoriasis may not be curable but it is possible to relieve the symptoms through some of these methods, so don't despair.

GR Reader  
WESTERN AUSTRALIA.

## Dear Megg, David and Readers,

Thank you for a great mag! You may be interested in the following information.

We have dairy beef cross cattle on our farm and raise vealers. Because we had 4 heifers to get in calf this year, we decided TO USE AI so we could pick a bull producing a smaller calf at birth.

AI was 100 percent successful with the first 2, first attempt – standing heat 5 pm, AI done the following day, late morning. With heifer no. 3 it was the same pattern but no luck first time. The second attempt was successful but we waited another 24 hours before having the AI done, and by then you would never have 'picked' her – no signs. Heifer no. 4, after 2 failed attempts, was noted to have very long standing heats so for the third attempt she was on standing heat at 5pm on the 28th and had been for the previous day. I had her AI'ed mid morning on the 30th and for a further 4 days she bellowed and passed slippery mucus before finally settling. That was the longest heat. She has been vet checked and is in calf from the third try. She had been checked by a vet and found to be healthy and the opinion of the AI folk was that she was just in the small percentage that is impossible to get in calf.

Obviously on a busy farm she wouldn't have got a third chance, but the tip may be of use to someone with a house cow who has to use AI: not only note when the cow comes on heat, but how long it lasts.

TO CONTROL FLEAS, our German Shepherds have a clove of garlic each, chopped daily, with their food. This is given just during the flea season. A clove of garlic also floats in their bucket of drinking water and I renew the clove weekly. The garlic water is used to water outside hanging baskets.

One Shepherd as a pup was discovered to have severe arthritis. They sleep in the laundry every night on a very thick piece of foam rubber since that discovery 3 years ago, and she is now very active and healthy, having regular free runs and swims in summer. Exercise, warmth and maintaining her weight to avoid overweight I think have all helped. They are not 'wormed' with tablets. I guess the garlic helps there. We found one dog needed regular drops in the ears to keep them clean. The easiest way to get them in is to put them on a small piece of cotton wool, wipe inside the ear with that, then dry thoroughly with more cottonwool.

Would anyone have had experience with the WALLACE AERATOR which is a piece of farm machinery used to aerate and improve the soil? Or perhaps someone has had good experiences with a similar type of machinery, I would be very grateful for any information that readers may have or their experiences.

Has anyone a useful idea to KEEP PARROTS AWAY from the orchard and vegie garden? Foil and the humming wire were useless as were plastic supermarket bags, and the Deter spray worked on the plums for a short while but not with other fruit. Black netting would be very expensive, and we don't have supports for the 'hawk' (besides our free range chooks are in that area). We could plant other flowering trees a fair distance away to attract them there. Any ideas on just what to plant that would flower from early November to early April? And how far away from the orchard would they need to be?

Best wishes to all.

V Walton  
C/- PO  
NEERIM SOUTH 3831.

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# Feedback Link-Up Feedback

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## To All Connected With Grass Roots,

Thanks for an enjoyable and informative magazine. My husband, three year old daughter and six month pregnant self have recently bought and moved onto twelve acres on the Central Queensland Coast. There is much to do to the existing rundown cottage, greenhouse, chookyard, cattle yards, fences – and *Grass Roots* information is proving invaluable.

I would like to extend an extra special thanks to J Thomas of Railton, Tasmania, whose article 'Do It Yourself Conveyancing' in GR 62 enabled us to carry out the necessary procedures involved in purchasing our property. I would have been lost without the article as very little has been written on CONVEYANCING for the general public. Thanks again J Thomas. Like you we are using the money saved on much more worthwhile projects such as rewiring the house and buying a house cow. Unfortunately doing your own conveyancing could lead to lost dollars and lost sleep. I wish all who undertake the process good luck and will gladly share my experience of conveyancing in Queensland with anyone who cares to write to me.

A good healthy life to all.

Leigh Brown  
Lot 3 (yet to be named)  
C/- PO FLAGGY ROCK 4741.

## Dear Megg, David & Jenny Martin of Tasmania,

Thank you for your article on DOUGH MODELLING (GR 70). As a teacher I find these ideas invaluable. My class of six year olds made a plaque for Mother's Day as a part of the craft programme. (We practised in plasticine first!) The children were very excited about their efforts and the conspiracy involved. The feedback from the mums after Mother's Day was very positive. My eight year old son who still loves to mess around with dough made some of the articles. He entered the wreath and name plaque in the Handcrafts section of two local shows and won! Thank you for helping to give all these children pride in their own abilities.

Lynda Lovett  
1/133 Menangle St  
PICTON 2571.

## Dear GR Friends,

I have just been caught unawares with a nasty case of GLANDULAR FEVER (infectious mononucleosis). As a working mum this has floored me and I am looking for some diet, herbs, anything natural, to speed up recovery and aid in healing. There may be a possibility that my 3 year old has it as well. Can anyone help? We are all exhausted.

Sharon B  
C/- D.C.S.  
PALM ISLAND 4816.

## Dear GR Readers,

I would not like to take advantage of your generosity but there is something I need very much from Australia but cannot get here. It is two small cut and polished natural untreated green atacamites each weighing not less than 2 carats (400 mg). This stone is native to Australia and not available here. If not too expensive, I would like to have quality ones. I need them for healing purposes. In return for the atacamites I offer to dispatch some Polish stamps. If you decide to help me in this matter, kindly please do your best and send the stones before September.

Milosz Wozniak  
ul. Bolesława Krzywoustego 6m. 6  
70-244 Szczecin, POLAND.

## Dear Grass Roots,

Are there any GR families in our area that enjoy the quiet life? We are interested in organic growing, native trees and shrubs, yoga, badminton and the beach. We are against smoking and drugs but we do enjoy the occasional glass of wine. Looking forward to hearing from you.

M & M Bekis  
Lot 201 Taylors Arm Road  
MACKSVILLE 2447.

## Dear Megg and Grass Rooters,

Finally put pen to paper on a grotty day. We bought our 'Utopia' of 0.6 ha (1/2 ac) just over a year ago. Moved out here Nov '87 in a 4 m (12 ft) caravan and awning (2 adults & 2 kids). Our luck wasn't going the best, but if anything it taught us persistence and patience. We lived solely in the caravan for about 4-5 months, then we got the garage built and moved in there for the winter – cool and wet but definitely an improvement on the caravan. Up until then we had to cart our water from town and friends' places, but with the shed roof we managed with a barrel and catching rainwater. We moved into our house 'shell' in Nov '88 and now have a 22,700 lt (5000 gal) tank for rainwater. Now after a week or so of fine weather we just mention BBQ and the rain obliges.

This last spring we raised 7 calves. Feed time was slow owing to having to boil the jug 3 times to get the milk warm. They were lovely calves each with their own personality, including nibbling a 75 mm (3 in) strip off the bottom of the curtains! We sold them just before Christmas and now have a few sheep just to keep the grass down. Have a small vegie garden, enough to supplement bought stuff at the moment, also have raspberries and boysenberries along fences and an orchard with 2 year old trees. The big thing has been to try and keep the animals away from plants. Last summer we planted a shelter belt of tagasaste, but the calves pruned them even though they were behind netting. We've now put in a shelter belt of alders and the electric fence helps to keep them out of reach of the animals.

Life's definitely easier than in town. People that have been out here say how relaxing it is even though we're only 15 minutes from town. Now to answer some queries from GR 69 Feedback.

Bill McCreath: the PEANUTS you speak of growing – I had a go a few years back with just the ordinary peanuts in shell bought from the shops. They take about 6 months to mature. Plant early spring. My crop wasn't very good, probably due to not knowing much about them and their soil requirements, but they did grow.

K Tighe: freeze your LEMON JUICE in the ice cube trays. They usually take about 2 tsp, which is often about the right amount for most recipes.

Ann Schwarzel: your SCARAB BEETLE larvae can be cleaned up by the chooks. Ours love them. I usually let them out when I'm digging and they go mental over the worms and grubs. They possibly can't dig them out by themselves though.

Barbara Edensor, re *THE COUNTRY KITCHEN* by Jocasta Innes: I went to a bookshop over here and they ordered it for me from England, (Penguin paperback). It took several months before I got it. Another of hers is the *Paupers Homemaking Guide* which has lots of ideas on dressing old things up and recycling things.

Norma Underwood: we back onto a slow creek and don't have much of a problem with MOZZIES. We have dragonflies and they eat the mozzie larvae. Maybe you can catch some from somewhere and transport them to your problem area.

Mary Tarnier and all who are planning on COMING TO NZ and checking out some of us: would love to meet you, but *please* advertise well in advance. October *Grass Roots* we don't get till December, so it's too late to make contact most times.

Pam Irvine: grow your own RASPBERRY plants/bushes and dry your own leaves.

I've probably written too much so I'll leave it for Megg & Co to sort through. Good luck to all GRs and prospective ones and keep your chin up.

Jill Dawson and family  
RD 8  
Frankton  
HAMILTON NZ.

## Dear GR Readers,

I am looking for information on NATURAL DYEING of cotton – especially in blue, pink, red or purple.

Amanda Farrow  
PO Box 44  
CAPTAINS FLAT.

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# Feedback Link-Up Feedback

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Dear Megg,

We had a very good number and quality of letters after the article and line drawing we wrote for GR 70. We sent them seeds as usual 'with compliments' and we hope that many gardeners will try to make this wonderful South American jam melon preserve; some seed savers might even manage to harvest some seeds for next year, replanting and also passing them on to their friends. A reader in Japan asked us for some seeds!

For the next six months, Jude and I will be travelling in Europe on a study/work tour, finding out how the other half of the world is handling their genetic resources. The SEED SAVERS have been invited to several orchard and seed repositories. It's all about valuing our plant heritage and showing it by constructive actions. By the way the Federal Govt is having an inquiry on the need and the feasibility of germ plasm repositories for garden and orchard varieties. While we are in Europe (mainly France) the Seed Savers office will run as usual. A team of volunteers will be answering letters, sending seeds and assessing new arrivals. Vivienne, the office co-ordinator, will even keep contact with the media as we are so reliant on them to spread the word and help to save what is left of locally adapted, non commercially available vegetable and fruit varieties!!

If you have a good contact in Europe that you would like us to visit drop us a line and your letter will be forwarded to our contact address overseas (we will be away from April to late September).

**Jude and Michel Fanton,  
Box 105  
NIMBIN 2480.**

Dear Grass Roots,

I have an answer to Mrs Dee's request in GR 71, asking where she could buy FRESH VEGIE SEEDS. First, Mrs Dee, have a look on the back of each pack, there must be a date. Second, buy only seeds in alufoil, then they will be fresh. Third, place the seeds in the fridge for a minimum of 3 days. Fourth, before using, put seeds in a small lid in hot water, until cold. Now you can seed them out in your bed or box and place plastic on top, after a good watering. After 5-6 days take plastic off and you should be able to see the plants.

A hint for PARSLEY AND CARROTS: dust pepper with the seeds along the drill. It is not a joke, it really works. I always had trouble with carrots and parsley. Since I have used pepper, no trouble. I am living now on a farm in NSW and I am very keen on organic gardening. *Grass Roots* is now my favourite magazine, I have taken out a subscription, to make sure that I am not missing one issue. Many thanks for the good work, Megg, and keep going like this. I'd love to write to any middle aged gardeners/farmers who'd like to drop me a line.

**Rosemary Krockner  
PO Box 122  
KILLARNEY 4373.**

Dear Readers,

I suppose like most of you with a growing awareness of the human crisis on earth, I had always planned to escape the narrow confines of commercial life and after many years of perseverance launched out on that dreamt direction, having clocked my 40th birthday. Perhaps also like some, now nine years later and after tons of tears and sweat the original material concept has born fruition but the personal and emotional need has shattered in many pieces.

I worked this rundown ex-dairy property, surrounded by larger dairies on the central Qld range near Mackay into a viable alternative lifestyle, chemical free and supporting a small beef and holiday industry. The area, being partially cleared subtropical rainforest, is very beautiful.

But one cannot live on aesthetics, so after many years of living alone and a broken marriage I'm selling out to start again. I'm looking for a small block on which to owner build and be self-sufficient once more. I look forward again to living in contact with people of similar earthy philosophies and am thinking of a share community where mutual benefits could be enjoyed, somewhere in the NORTHERN NSW AREA. I would love to hear from anyone who can help me with suggestions. I have a small 4WD and a spacious WWII army officers'

tent and would like to travel in the area giving willing help to anyone in exchange for information and hospitality. On the practical side I've accumulated considerable experience in vehicle repairs, maintenance, construction and puddled mud bricks. I'm softly spoken, hopefully still have an agreeable nature, and promise to call in on everyone sooner or later who would care to correspond.

**Philip Keese  
Snake Rd  
DALRYMPLE HEIGHTS 4757.**

Dear Megg, Kath and Staff,

It's great to see more and more people CARING ABOUT THE EARTH and each other and with regard to that, I would like to recommend a very good book to everyone who cares about the impact we have on our planet and more importantly, how to minimise its bad effects by the everyday choices we make. It has sections on good housekeeping, our water, farming for the future, food for health, our waste disposal methods, the 'cleanliness obsession', health without drugs, hazard free homes, gardening without chemicals, low energy housing, transport alternatives, action beyond the home and lots of other useful information. The title of the book is *Blueprint for a Green Planet*, by John Seymour and Herbert Girardet. It is published by Angus and Robertson and although it costs about \$35.00 in book shops, you may be as lucky as I was and find it in your local library. Either way, it is very well worth the cost and although all of the suggestions in the book are not practical for everyone to adopt, if we all make a small effort the result will be a lovelier, safer planet to live on.

Good health and peace to all.

**Irene Kuba  
41 Chilton St  
SUNNYBANK HILLS 4109.**

Dear Megg and Kath,

A request to readers for information – can anyone tell me an easy way for WASHING HOMEMADE BUTTER? I make it in the mixmaster and then wash it under the tap with a spatula but I always seem to have difficulty getting those last few teaspoons of water out of it when I have finished and tiny droplets become trapped in the butter when it sets, these don't really matter but I would like to have a pure creamy finish to my butter.

Best wishes to all, I enjoy *Grass Roots* immensely.

**Debbie Willett  
Lot 76 Wivenhoe Pocket Road  
FERNVALE 4306.**

Dear Grass Roots,

I have not sent a letter to your column before although I am an avid reader of *Grass Roots*. I often wish that people would send their answers to the magazine, instead of to the individual who asks the question. Often I have the same, or a similar query, as I am sure do other readers. Perhaps you could start an answers column in the mag. Just a suggestion!

I was very touched by the letter from Michelle and Natasha Ryan, about LOSING EVERYTHING IN A FIRE. I have been very close to losing house and all in bush fires 3 times in my 60 years. One's values really come to the fore in such times and children can really bring home the truth. In 1962 in a Melbourne suburb we were in such a situation, and I set my children tasks of hosing the house etc, to keep them busy. The youngest daughter was asked to pack a change of clothes for each member of the family in case we had to leave in a hurry. She almost brought me to tears when her little face appeared at a window, saying, 'Please Mummy! May I pack just one dolly?' After the crisis was over I unpacked the case, to find the exact number of garments required, even my bra, and her dolly plus her older sister's very worn teddy. She was only 7 years old.

Thanks to all readers for their newsy letters, and thanks for a wonderful magazine.

**Valma Applin  
PO Box 51  
YARWUN 4694.**



# gumnut gossip



by Megg Miller

After the many teething problems we encountered producing last issue we thought our troubles were over as we set about sending our subscribers' copies off. Little did we know we were about to face more of the same – and just as well too. Our office printer developed the hiccups and chewed its way through copious pages of labels and we ran out of postbags for our overseas subscribers because I'd forgotten to re-order supplies. It took a week for our bags to arrive – by Cobb and Co. perhaps? – and the label distributor felt so moved by Kath's story of forlorn readers incessantly searching their letter boxes he had couriers going hither and thither to collect our order and get it here in record time. It must be all over now we gingerly told ourselves as Austria Post lugged our bags of magazines off. Yes? No! No, we had made all sorts of little blues in GR 73, we discovered after a series of aggrieved phone calls, and the printers had done a uncharacteristically poor job with their side of things. They had fouled up page 35 by leaving the title and author's byline off, had been very heavy handed with the ink, resulting in poor reproduction of some photos, and the guillotine had chomped into the pages hungrily leaving us with a more severely trimmed magazine than usual. We have all that sorted out now for future issues, thank goodness, and offer our apologies to the mystery writer of page 35, Shirley Aird of Leopold in Victoria with 'Consider the Connemara'. We, on the other hand, erred by unwittingly presenting information that was long out of date, the little piece on the Portable Solar Generator. It is no longer available, nor does the Solar Energy Council have info on possible contacts for it. We also erred by failing to include the \$2 postage with the cover price for their *Remote Area Power Supplies* alternative energy book, which should have been presented as \$10 plus \$2 p & p. Oh dear . . . And whilst beating my breast I received a call from a most concerned reader warning of the dangers of including camphor laurel (*Cinnamomum camphora*) as a low risk fire retardant plant. As we reproduced the charts from the Victorian Department of Planning's (in conjunction with the Country Fire Authority) *Bushfire Protection for Rural Houses* we assumed they had thoroughly researched the matter. Perhaps readers could share their experiences concerning this tree. All in all neither Kath nor I wants to think about No. 73 again, if that's possible, and we remain optimistic that tomorrow will be a new and troublefree day.

Having survived this traumatic period you would think life would be kind to us, and it has except for one perplexing and worrying period in June. Our mail, the mainstay of our business, suddenly dropped off. David, upon enquiring, was told there was more 'out the back' but when a search was made it wasn't forthcoming. 'Is that all?' Chris and Celia said when they saw the pitiful little pile he brought home, 'That won't take any time to process'. This state of affairs continued for another two weeks, by which time I'd deteriorated into gloom, sure the business was going down the drain. It was a relief to see him stagger in one afternoon laden with bags of mail – but where had it been all this time, 6-700 articles all told? Grrr . . . What would we do without the vagaries of Australia Post? What if there weren't go slows, if letters arrived on time, and if all our parcels actually arrived? I shouldn't be too hard on them as they do a jolly good job, it's just that now we have a buildup of unanswered 'whys' and 'wheres'.

All this time we've made sure we've kept our spirits up, one or two cakes for morning tea seems to help and we've had many delightful and humorous events to lighten our daily load. Such an incident occurred recently when a cheque arrived for us from a city council in Melbourne, the accompanying paperwork advising us it was payment for topdressing their golf green. *Grass Roots* diversifying into topdressing of golf courses? Crikey, we're flat out with the workload we have now without taking on anymore, but isn't it reassuring to know there are still inexplicable mysteries in life.

Another recent event that sent our imaginations into overdrive came about because of the wet weather. Like many we've experienced a very wet winter, some weeks the rain having been so heavy the road to work has been subject to flooding. These days the girls come in Kath's Landcruiser and whilst it's still a journey punctuated by excitement the strength and height of the vehicle take away any problems. One day we were expecting a trainee worker, and it completely slipped our minds to ring and warn her of the wet stretch and provide directions for the detour. This intrepid traveller set off on the journey, and proceeded down the waterlogged road. As it became deeper and deeper she panicked, and somehow the car stalled. There she was, stranded almost knee deep in water in her good clothes, no habitation in sight and just cow paddocks each side. And she was several months pregnant. Fortunately a neighbour came along just as she was planning to take off her pants and start wading through it for help, and she arrived at work very shaken by the experience. For someone unaccustomed to driving on country roads it would be a horrible experience, the vulnerability of condition adding fuel to the fire, but just for a wicked moment, can't you imagine the outcome if the knight on shining motorbike had arrived a few minutes later?

As this GR goes to press Heather, one of our 'occasionals', will be moving to Gippsland. Although not with us for long she was enthusiastic about working on the mag and was responsible for much of the typing of this issue. She was disappointed at leaving – promotional transfer for hubby – and we wish her well with life in Neerim South. We're going to miss her culinary delights as well as her, but know that our loss will be someone else's gain.

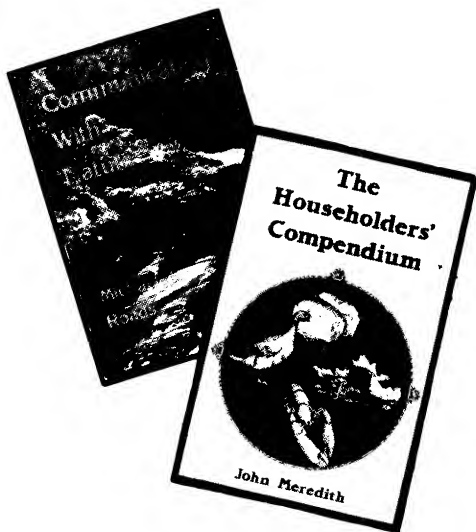
It's always a pleasure to finish up with a few excerpts from our mail bag although frustrating that we can't share more with you. They vary from tomes to hasty notes, are from the happy and the sad, and all want to contribute one way or another to GR and its fellow readers. 'I have in the past found myself walking into all sorts of things as I read GR on the way home' wrote Leanne. Sounds dangerous! 'Please remove X's initial from my subscription', said another letter. What have you done with X, we all wondered, deterred by the abruptness from wanting to write back. From Pam and Fred in Yeppoon, 'We're getting married in our bush garden on July 22nd and thank you for your congratulatory letter on our engagement.' They met through our pages and we know you'll join us in wishing them well in their life together. Some letters will ask us to send a gift book or subscription to a friend, and to write a few words in it. We do so happily, feeling a little like the tooth fairy or Father Christmas as we write to 'Auntie Edith' or 'my best mate'. But the following little gem take the prize and I'd like to think it encompasses the virtues we all share, thoughtfulness, generosity, resourcefulness, hope and romanticism.

'I first discovered *Grass Roots* through my daughter and son-in-law. I enjoyed it so much they eventually gave me a year's subscription as a Mothers Day gift. It has been a much appreciated one too. I wondered if I could afford to continue the subscription myself this year, when lo and behold the enclosed verse arrived with the necessary funds. I hope you enjoy it. I dare not tell you her name as she would be embarrassed to see her name in print.'

*To continue last year's subscription,  
A little gift needing no description.  
We're happy you've had a year's good reading,  
To keep this habit, here's what you're needing.  
Grass Roots – full of information and hints,  
May now be yours for another stint.  
I think I'll give the poems away,  
At least until next Mother's Day.*

Thank you Shirley for sharing it with us.

\*\*\*\*\*



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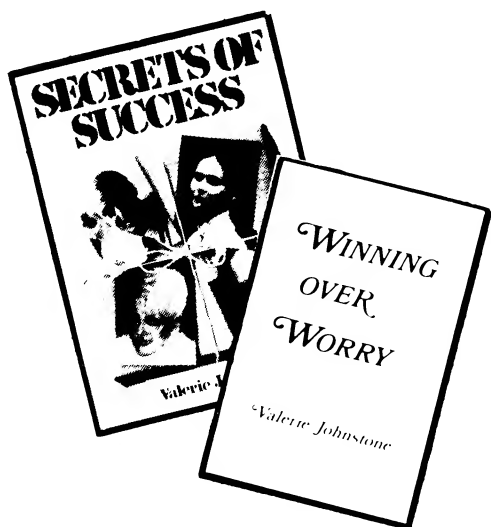
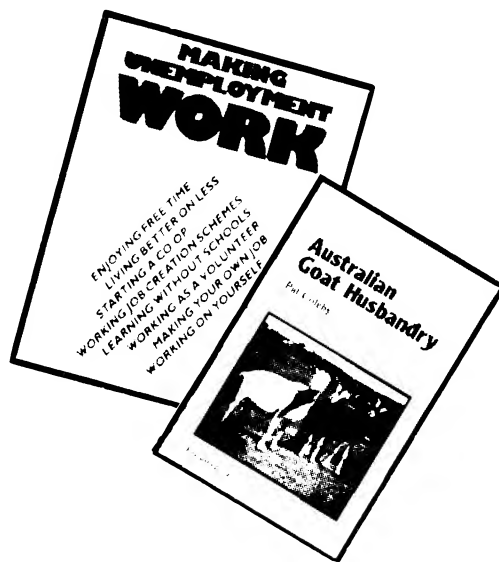
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